



// HORARIOS DE CLASES

Verano
2026

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
07:00 - 08:00	Entrenamiento Pers.	Fitness Force	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	
08:00 - 09:00	Fitness Force	Entrenamiento Pers.	Entrenamiento Pers.	Fitness Force	Fitness Force	
09:00 - 10:00	Core Time	Cross Training	Cross Training	Spinning	Cross Training	Bungee
10:00 - 11:00	Cross Training	Bungee	Entrenamiento Pers.	Cross Training	Cross Training	Fitness Force
11:00 - 12:00	Entrenamiento Pers.	Cross Training	Cross Training	Cross Training	Entrenamiento Pers.	Cross Training
12:00 - 13:00	Bungee	Entrenamiento Pers.	Entrenamiento Pers.	Bungee	Core Time	Entrenamiento Pers.
13:00 - 14:00						Fitness Force
14:00 - 15:00						
15:00 - 16:00	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training Core Time	
16:00 - 17:00	Entrenamiento Pers.	Cross Training	Cross Training	Entrenamiento Pers.	Entrenamiento Pers. Core Time	
17:00 - 18:00	Vital Kids	Bungee Kids	Vital Kids	Bungee Kids	Cross Training	
18:00 - 19:00	Cross Training Spinning	Cross Training Fitness Force	Cross Training Spinning	Cross Training Fitness Force	Cross Training	
19:00 - 20:00	Bungee Core Time	Bungee Spinning	Bungee Core Time	Bungee Spinning	Bungee	
20:00 - 21:00	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training	
21:00 - 22:00	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	

FORCE = CON EMS
FUNCIONAL= SIN EMS

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