

HORARIOS CLASES COLECTIVAS JULIO 2026



CENTRO
DEPORTIVO
AMORÓS

BONO CLASES
COLECTIVAS y
GIMNASIO
(EXCEPTO
CROSS & HIIT)

	LUNES	HORA	MARTES	HORA	MIÉRCOLES	HORA	JUEVES
9.00	TOTAL TRAINING	9.00	PILATES	9.00	TOTAL TRAINING	9.00	PILATES
9.45	FULLBODY PUMP	9.45	HIIT	9.45	FULLBODY PUMP	9.45	HIIT
11.00	PILATES	11.00	CORE	11.00	PILATES	11.00	CORE
17.30	ABE	17.30	PILATES	17.30	MIX	17.30	GAP
18.15	HIIT	18.15	GAP	18.15	ABE	18.15	PILATES
19.15	PILATES	19.15	TOTAL TRAINING	19.15	ZUMBAA	19.15	CARDIOBOX
20.00	STEP	20.00	FULLBODY PUMP	20.00	PILATES	20.00	CORE
20.45	YOGA			20.45	YOGA		

TIEMPO:
COLECTIVAS: 45 MINUTOS
CICLO: 45 MINUTOS
TRAIN WITH YOU: 30 MINUTOS

INTENSIDAD ALTA

INTENSIDAD MEDIA

INTENSIDAD BAJA

CICLO

HORA	LUNES	HORA	MARTES	HORA	MIÉRCOLES	HORA	JUEVES
9.15	CICLO	18.15	CICLO	9.15	CICLO	18.15	CICLO

TRAIN WITH YOU (SALA FITNESS)

HORA	LUNES	HORA	MARTES	HORA	MIÉRCOLES	HORA	JUEVES	HORA	VIERNES
12.00	TRAIN WITH YOU	12.00	TRAIN WITH YOU	12.00	TRAIN WITH YOU	12.00	TRAIN WITH YOU	12.00	TRAIN WITH YOU
21.00	TRAIN WITH YOU	21.00	TRAIN WITH YOU	21.00	TRAIN WITH YOU	21.00	TRAIN WITH YOU	21.00	TRAIN WITH YOU

CLUB PREMIUM

SALA BOX

HORA	LUNES	HORA	MARTES	HORA	MIÉRCOLES	HORA	JUEVES
9.15	CROSS & HIIT	9.15	CROSS & HIIT	9.15	CROSS & HIIT	9.15	CROSS & HIIT
18.15	CROSS & HIIT	18.15	CROSS & HIIT	18.15	CROSS & HIIT	18.15	CROSS & HIIT
19.15	CROSS & HIIT	19.15	CROSS & HIIT	19.15	CROSS & HIIT	19.15	CROSS & HIIT
20.15	CROSS & HIIT	20.15	CROSS & HIIT	20.15	CROSS & HIIT	20.15	CROSS & HIIT

MÁS INFO



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