

URBAN FITNESS LAS ROSAS

| HORA | LUNES | | | MARTES | | | MIÉRCOLES | | | JUEVES | | | VIERNES | | |
|-------------|--------------|--------------------|---------------------|---------------|--------------------|---------------------|--------------|--------------------|---------------------|--------------|--------------------|---------------------|----------------|--------------------|---------------------|
| | BACK | UNDER | BIKE | BACK | UNDER | BIKE | BACK | UNDER | BIKE | BACK | UNDER | BIKE | BACK | UNDER | BIKE |
| 09-9:30 | BODY BALANCE | ABD VIRTUAL | BIKE* 9:30-10:15 | PILATES | GAP VIRTUAL | BIKE* 9:30-10:15 | BODY BALANCE | TONIFICAC. VIRTUAL | | BODY BALANCE | AEROBIC VIRTUAL | | | YOGA VIRTUAL | BIKE* 9:30-10:15 |
| 10-10:30 | FUNCIONAL | PILATES VIRTUAL | V. BIKE 11-11:45 | CX WORX | YOGA | V. BIKE 11-11:45 | FUNCIONAL | STEP VIRTUAL | 10-10:45 | PILATES | CX WORX | 10-10:45(V) | BODY BALANCE | GAP VIRTUAL | V. BIKE 9:30-10:15 |
| 11-11:30 | BODY COMBAT | GAP VIRTUAL | BIKE* 12-12:45 | STEP | KICK BOXING | V. BIKE 12-12:45 | BODY PUMP | DANZA ORIENTAL | 11-11:45 | BODY COMBAT | KICK BOXING | 11-11:45 | BODY PUMP | DANZA ORIENTAL | 11-11:45 |
| 12-12:30 | ZUMBA | TONIFICAC. VIRTUAL | | | AER.LATINO VIRTUAL | | PILATES | AER.LATINO VIRTUAL | 12-12:45 | ZUMBA | TONIFICAC. VIRTUAL | | | STEP VIRTUAL | 12-12:45 |
| 13-13:30 | | GAP VIRTUAL | V. BIKE 13:30-14:15 | | TONIFICAC. VIRTUAL | V. BIKE 13:30-14:15 | | GAP VIRTUAL | V. BIKE 13:30-14:15 | | ABD VIRTUAL | V. BIKE 13:30-14:15 | | TONIFICAC. VIRTUAL | V. BIKE 13:30-14:15 |
| 14-14:30 | | | | | | | | | | | | | | | |
| 14:30-15h | B.PUMP | AEROBIC VIRTUAL | V.BIKE 14:30-15:15 | | YOGA VIRTUAL | V.BIKE 14:30-15:15 | BODY PUMP | AEROBIC VIRTUAL | V.BIKE 14:30-15:15 | BODY BALANCE | TONIFICAC. VIRTUAL | BIKE* 14:30-15:15 | BODY COMBAT | GAP VIRTUAL | V.BIKE 14:30-15:15 |
| 15-15:30 | CX WORX | PILATES VIRTUAL | BIKE* 15:30-16:15 | BODY COMBAT | ABD VIRTUAL | V.BIKE 15:30-16:15 | | PILATES VIRTUAL | BIKE* 15:30-16:15 | | AEROBIC VIRTUAL | V.BIKE 15:30-16:15 | | ABD VIRTUAL | BIKE* 15:30-16:15 |
| 16-16:30 | | | V.BIKE 16:30-17:15 | | | V.BIKE 16:30-17:15 | | | V.BIKE 16:30-17:15 | | | V.BIKE 16:30-17:15 | | | V.BIKE 16:30-17:15 |
| 16:30-17:15 | | | | | | | | | | | | | | TRX 18:30 | |
| 17-17:30 | BOLLYWOOD | ABD VIRTUAL | V.BIKE 17:30-18:15 | CX WORX | AEROBIC VIRTUAL | V.BIKE 17:30-18:15 | BOLLYWOOD | ABD VIRTUAL | V.BIKE 17:30-18:15 | | TONIFICAC. VIRTUAL | | DANZA ORIENTAL | GAP VIRTUAL | |
| 17:30-18h | | | | | | | | | | | | | | | V.BIKE 17:30-18:15 |
| 18-18:30 | BODY PUMP | BODY ATTACK | BIKE* 18:30-19:15 | CROSSTRAINING | PILATES | V.BIKE 18:30-19:15 | CX WORX | ZUMBA* | 17:30-18:15 | BODY COMBAT | PILATES | 17:30-18:15 | BODY BALANCE | STEP | 17:30-18:15 |
| 18:30-19h | | | | | | | FUNCIONAL | | BIKE* 18:30-19:15 | | | V.BIKE 18:30-19:15 | | | |
| 19-19:30 | CX WORX | STEP | BIKE* 19:30-20:15 | BODY COMBAT | BODY BALANCE | BIKE* 19:30-20:15 | BODY PUMP | PILATES* | 18:30-19:15 | CX WORX | BODY BALANCE | 18:30-19:15 | CROSSTRAINING | AER.LATINO VIRTUAL | BIKE* 19:00-19:45 |
| 19:30-20h | PILATES* | KICK BOXING | BIKE* 20:30-21:15 | ZUMBA* | STEP | BIKE* 20:30-21:15 | BODY COMBAT | KICK BOXING | 19:30-20:15 | | | 19:30-20:15 | BODY ATTACK | PILATES VIRTUAL | V.BIKE 20:30-21:15 |
| 20-20:30 | | | | | | | | | | BODY PUMP | ZUMBA* | BIKE* 20:30-21:15 | | | |
| 20:30-21h | BODY COMBAT | YOGA 21:15 | V.BIKE 21:30-22:15 | BODY PUMP | ABD VIRTUAL | V.BIKE 21:30-22:15 | ZUMBA* | YOGA 21:15 | 20:30-21:15 | | PILATES VIRTUAL | V.BIKE 21:30-22:15 | | ABD VIRTUAL | V.BIKE 21:30-22:15 |
| 21-21:30 | | | | | | | | | | | | | | | |
| 21:30-22h | | | | | | | | | | | | | | | |
| 22:00-22:15 | | | | | | | | | | | | | | | |

ESTE HORARIO ES ORIENTATIVO.

Está sujeto a cambios según la dirección estime oportuno. Se requiere el uso de toalla para acceder a las clases.

No se permite el acceso a la actividad transcurridos 10 minutos desde el comienzo de la misma.

Mínimo de 5 personas para impartirse la clase.

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HORARIO APERTURA.

LUNES A VIERNES 7:00 A 23:30

SÁBADOS: 10:00 A 15:00 Y 17:00 A 22:00

DOMINGOS Y FESTIVOS: 10:00 A 15:00

EL HORARIO DE ACTIVIDADES COLECTIVAS DE SABADO Y DOMINGO CAMBIARÁ MENSUALMENTE Y SE PODRÁ RECOGER EN LA RECEPCIÓN DEL CENTRO.

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* PARA LA CORRECTA REALIZACION DE ESTAS ACTIVIDADES COLECTIVAS SERÁ NECESARIO INSCRIBIRSE HASTA COMPLETAR AFORO: ZUMBA , PILATES Y URBAN BIKE 30 MINUTOS DE ANTELACIÓN