

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			YOGA		FUNCIONAL	STEP VIRTUAL	10-10:45	PILATES		10-10:45(V)	BODY BALANCE	GAP VIRTUAL	
10:30-11h		V. BIKE		CX WORX		V. BIKE			V. BIKE			V. BIKE			V. BIKE
11-11:30	BODY COMBAT	GAP VIRTUAL	11-11:45	STEP	TONIFICAC. VIRTUAL	11-11:45	BODY PUMP	DANZA ORIENTAL	11-11:45	BODY COMBAT	YOGA VIRTUAL	11-11:45	BODY PUMP	DANZA ORIENTAL	11-11:45
11-12h		BIKE				V. BIKE			V. BIKE			V. BIKE			BIKE
12-12:30	ZUMBA	TONIFICAC. VIRTUAL	12-12:45		AER.LATINO VIRTUAL	12-12:45	PILATES	AER.LATINO VIRTUAL	12-12:45	ZUMBA	TONIFICAC. VIRTUAL	12-12:45		STEP VIRTUAL	12-12:45
12:30-13h															
13:30-14h		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	BODY COMBAT	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				ABD VIRTUAL	V.BIKE 15:30-16:15			PILATES VIRTUAL		BIKE 15:30-16:15			AEROBIC VIRTUAL	V.BIKE 15:30-16:15
15:30-16h		PILATES VIRTUAL	15:30-16:15												
16-16:30			V.BIKE 16:30-17:15												
16:30-17:15														TRX 18:30	16:30-17:15
17-17:30	BOLLYWOOD	ABD VIRTUAL		CX WORX	AEROBIC VIRTUAL		BOLLYWOOD	ABD VIRTUAL			TONIFICAC. VIRTUAL		DANZA ORIENTAL	GAP VIRTUAL	
17:30-18h		V. BIKE				V. BIKE			V. BIKE			V. BIKE			V. BIKE
18-18:30	BODY PUMP	BODY ATTACK	17:30-18:15	CROSSTRAINING	PILATES	17:30-18:15	CX WORX	ZUMBA*	17:30-18:15	BODY COMBAT	PILATES	17:30-18:15	BODY BALANCE	STEP	17:30-18:15
18:30-19h		BIKE				V. BIKE			FUNCTIONAL		BIKE				V. BIKE
19-19:30	CX WORX	STEP	18:30-19:15	BODY COMBAT	BODY BALANCE	18:30-19:15	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*		BIKE			BIKE					BIKE				BIKE
20-20:30		AER.LATINO VIRTUAL	19:30-20:15	ZUMBA*	STEP	19:30-20:15	BODY COMBAT	ABD VIRTUAL	19:30-20:15	BODY PUMP	ZUMBA*	19:30-20:15	BODY ATTACK	PILATES VIRTUAL	V. BIKE 20:30-21:15
20:30-21h	BODY COMBAT		BIKE			BIKE					BIKE				BIKE
21-21:30		YOGA	20:30-21:15	BODY PUMP	ABD VIRTUAL	20:30-21:15	ZUMBA*	YOGA	20:30-21:15		PILATES VIRTUAL	20:30-21:15		ABD VIRTUAL	
21:30-22h			V. BIKE 21:30-22:15			V. BIKE 21:30-22:15					V. BIKE 21:30-22:15				V. BIKE 21:30-22:15
22:00-22:15															

HORA	SABADO			DOMINGO		
	BACK	UNDER	BIKE	BACK	UNDER	BIKE
10:30-11h	BODY COMBAT	GAP VIRTUAL		BODY COMBAT	GAP VIRTUAL	
11-11:30			V. BIKE			V. BIKE
11:30-12h	BODY PUMP	AER.LATINO VIRTUAL	11-11:45	BODY PUMP	AER.LATINO VIRTUAL	11-11:45
12-12:30			V. BIKE			V. BIKE
12:30-13h	PILATES	TONIFICAC. VIRTUAL	12-12:45		YOGA VIRTUAL	12-12:45
13-13:30			BIKE			BIKE
13:30-14h		ABD VIRTUAL	13-13:45		ABD VIRTUAL	13-13:45
14-14:30						

LUNES	MARTES	MIÉRCOLES	JUEVES
PILATES G1** 18:00-19:00	KICK BOXING 11:00-12:00	PILATES G1** 18:00-19:00	KICK BOXING 11:00-12:00
GIM NATURAL 19:00-20:00	KICK BOXING 20:00-21:00	PILATES G2** 20:30-21:30	KICK BOXING 20:00-21:00
PILATES G2** 20:30-21:30	Pilates G1** y G2** tienen un coste adicional a la cuota		

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.

URBAN FITNESS Las Rosas - C/ Aquitania nº 9 - Tfn. - 912603095 / e-mail: info@urbanfitness.es

HORARIO APERTURA.
LUNES A VIERNES 7:00 A 23:30
SABADOS: 10:00 A 15:00 Y 17:00 A 22:00
DOMINGOS Y FESTIVOS: 10:00 A 15:00

