


| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|---|--|--|---|---|---|--|
| 7.00 | 07:30-08:15  GBIKE | | 07:30-08:15  GBIKE | 07:30-08:15  BEST CYCLING | 07:30-08:15  BEST CYCLING | | |
| 8.00 | 08:00-08:45  BEST WALKING | | 08:00-08:45  BEST WALKING | 08:00-08:45  BEST WALKING | 08:00-08:45  BEST WALKING | | |
| | 08:30-09:15  GBODY | | 08:30-09:15  GBODY | 08:30-09:15  GFUNCIONAL | 08:30-09:15  BEST CYCLING | | |
| 9.00 | 08:30-09:15  BEST CYCLING | | 08:30-09:15  BEST CYCLING | 08:30-09:15  GBIKE | 08:30-09:00 Trx | | |
| | 09:00-09:30  GFUNCIONAL | | 09:00-09:30 Trx | 09:00-09:30  GFUNCIONAL | 09:00-09:30  GENERGY | | |
| | 09:30-10:15  GBIKE | | 09:30-10:15  GBIKE | 09:30-10:15 Baileactivo | 09:30-10:15  PILATES | | |
| 10.00 | 09:30-10:15 Gpower | | 09:30-10:15 Gpower | 09:30-10:15  GCROSS | 09:30-10:15  GBIKE | | |
| | 10:30-11:15  BEST CYCLING | | 10:30-11:15  PILATES | 10:30-11:15  GBIKE | 10:30-11:15 GAP | 10:00-10:45 Strong | 10:30-11:15  BEST CYCLING |
| | 10:30-11:15 Baileactivo | 10:30-11:15  BEST CYCLING | 10:30-11:00  GHIIT | 10:30-11:15  BEST CYCLING | 10:30-11:15  BEST CYCLING | | |
| 11.00 | 10:30-11:15 GAP | | 10:30-11:15  BEST CYCLING | 11:30-12:15  PILATES | 11:30-12:15  GCORE | 11:00-11:45  GBIKE | |
| | 11:30-12:15  GMIND | 11:00-11:45  GCROSS | 11:30-12:15  BEST CYCLING | 11:30-11:45  G-FLEX | 11:30-12:15  BEST CYCLING | | |
| 12.00 | 11:30-12:15  BEST CYCLING | | 11:30-11:45  BEST CYCLING | 11:30-12:15  BEST WALKING | 11:30-12:15  BEST CYCLING | | |
| | 12:30-13:15  BEST WALKING | 12:00-12:45  PILATES | 12:30-13:15  BEST WALKING | 12:30-13:15  BEST CYCLING | 12:30-13:15  BEST WALKING | 12:30-13:15  BEST CYCLING | 12:30-13:15  BEST CYCLING |
| 13.00 | 12:30-13:15  BEST CYCLING | 12:30-13:15  BEST CYCLING | 12:30-13:15  BEST WALKING | 12:30-13:15  BEST CYCLING | 12:30-13:15  BEST WALKING | 12:30-13:15  BEST CYCLING | 12:30-13:15  BEST CYCLING |
| | 13:30-14:15  BEST CYCLING | | 13:30-14:15  BEST CYCLING | 13:30-14:15  BEST WALKING | 13:30-14:15  BEST CYCLING | | |
| 14.00 | 14:30-15:15 Strong | | 14:30-15:15  GBIKE | 14:30-15:15  BEST CYCLING | 14:30-15:15  GMIND | 14:30-15:15  BEST CYCLING | |
| | 14:30-15:15  GBIKE | | 14:30-01:00  GBOX | 14:30-15:15  GBODY | 14:30-15:15  GBIKE | | |
| 15.00 | 15:30-16:15  BEST CYCLING | | 15:30-16:15  BEST CYCLING | 15:30-16:15  BEST WALKING | 15:30-16:15  BEST CYCLING | | |
| | 16:30-17:15  BEST WALKING | | 16:30-17:15  BEST WALKING | 16:30-17:15  BEST CYCLING | 16:30-17:15  BEST WALKING | | |
| 17.00 | 17:30-17:45  GCORE | | 17:30-18:00 Trx | 17:30-17:45  GCORE | | | |
| | 17:30-18:00  BEST WALKING | | 17:30-18:15  BEST WALKING | 17:30-18:15  BEST WALKING | | | |
| 18.00 | 18:00-18:45  GBODY | | 18:00-18:45  BEST CYCLING | 18:00-18:45  PILATES | 18:00-18:45  ZUMBA | | |
| | 18:00-18:45  BEST CYCLING | | 18:00-18:45 GAP | 18:00-18:45  BEST WALKING | 18:00-18:45  BEST CYCLING | | |
| | 18:30-19:15  BEST WALKING | | 18:30-19:15  BEST WALKING | 18:30-19:15  BEST WALKING | 18:30-19:15  BEST WALKING | | |
| 19.00 | 19:00-19:45  ZUMBA | | 19:00-19:45  GCROSS | 19:00-19:45  ZUMBA | 19:00-19:45  GBODY | | |
| | 19:00-19:30 Trx | | 19:00-20:15  GBIKE | 19:00-19:30 GAP | 19:00-20:15  GBIKE | | |
| | 19:00-19:45  GBIKE | | 19:00-19:45  GMIND | 19:00-20:15  GBIKE | 19:00-20:15  GBIKE | | |
| 20.00 | 20:00-20:45  BEST WALKING | | 20:00-20:45  BEST WALKING | 20:00-20:45  BEST WALKING | 20:00-20:45  BEST WALKING | | |
| | 20:00-20:45  GBIKE | | 20:00-20:45  GBIKE | 20:00-20:45  GHIIT | 20:00-20:45  BEST WALKING | | |
| | 20:00-20:45  GBOX | | 20:00-20:45  ZUMBA | 20:00-20:45  GBODY | 20:00-20:45  GFUNCIONAL | | |
| | 20:00-20:45  G-RUN | | 20:00-20:45  G-RUN | 20:00-20:45  BEST CYCLING | 20:00-20:45  BEST CYCLING | | |
| 21.00 | 21:00-21:45  GMIND | | | 21:00-21:45  GMIND | 21:00-21:45  BEST CYCLING | | |
| | 21:00-21:15  G-FLEX | | 21:00-21:45  GBODY | 21:00-21:45  BEST CYCLING | 21:00-21:45  BEST CYCLING | | |
| | 21:00-21:15  G-FLEX | | 21:00-21:45  BEST CYCLING | 21:00-21:45  GCROSS | | | |
| | 21:00-21:45  BEST CYCLING | | | | | | |
| | 21:00-21:45  GCROSS | | | | | | |

MY  ALTAFIT

ÁREA
PERSONAL
DE CLIENTE
RESERVA DE CLASES

ALTAFIT
PASAPORTE
BUSCA TU CLUB

ENTRENA EN
CUALQUIERA*
DE NUESTROS
GIMNASIOS
SIN COSTE ADICIONAL

*El servicio está regulado según las
normas de cada Club. Válido para todos
los clubs Altafit de España

SIENTE
LA LLAMADA del...



TERRITORIO
ALTAFIT

1. La duración de las actividades dirigidas será de 45 minutos
2. Es necesario seguir la Normativa de Actividades Dirigidas expuesta en la entrada de las salas de actividades.
3. Por razones objetivas este horario podrá ser modificado, siendo comunicado con la mayor antelación posible a los socios del club