

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|---|--|--|--|--|--|---------------------------|
| 7.00 | 07:30-08:15 GBIKE | 07:30-08:15 GMIND | 07:30-08:15 GBIKE | 07:30-08:15 GBODY | | | |
| 8.00 | 08:30-09:15 BEST CYCLING | 08:00-08:45 BEST CYCLING 08:30-09:15 BEST CYCLING | 08:30-09:15 BEST CYCLING | 08:00-08:45 BEST CYCLING 08:30-09:15 BEST CYCLING | 08:00-08:45 BEST CYCLING | | |
| 9.00 | 09:00-09:15 GCORE 09:15-09:30 G-FLEX 09:30-10:15 GBODY | 09:00-09:15 Glúteo 10 09:15-10:15 PILATES | 09:00-09:15 GCORE 09:15-09:30 G-FLEX 09:30-10:15 GAP | 09:00-09:20 Glúteo 10 09:30-10:15 GMIND | 09:00-09:45 GBIKE | | |
| 10.00 | 10:00-10:45 BEST CYCLING 10:30-11:15 ZUMBA | 10:00-10:45 GBIKE 10:30-11:15 GBOX | 10:00-10:45 BEST CYCLING 10:30-11:15 GBODY | 10:00-10:45 BEST CYCLING 10:30-11:15 GAP | 10:00-10:45 ZUMBA 10:00-10:45 BEST CYCLING | 10:00-10:45 BEST CYCLING | |
| 11.00 | 11:00-11:45 BEST CYCLING | 11:00-11:45 BEST CYCLING | 11:00-11:45 BEST CYCLING 11:30-12:15 ZUMBA | 11:00-11:45 GBIKE | 11:00-11:45 BEST CYCLING 11:00-10:45 Aprendizaje | 11:00-11:45 BEST CYCLING 11:30-12:30 Weekend class | 11:00-11:45 BEST CYCLING |
| 12.00 | 12:00-12:45 GBIKE 12:30-12:50 Trx | 12:00-12:45 BEST CYCLING 12:30-13:15 GCROSS | 12:00-12:45 BEST CYCLING | 12:00-12:45 BEST CYCLING 12:30-12:50 GHIIT | 12:00-12:45 BEST CYCLING 12:30-12:50 Trx | 12:00-12:45 BEST CYCLING | 12:00-12:45 BEST CYCLING |
| 13.00 | 13:15-14:00 BEST CYCLING | 13:15-14:00 BEST CYCLING | 13:15-14:00 BEST CYCLING | 13:15-14:00 BEST CYCLING | 13:15-14:00 BEST CYCLING | 13:15-14:00 BEST CYCLING | 13:15-14:00 BEST CYCLING |
| 14.00 | 14:15-15:00 GBOX 14:30-15:15 GBIKE | 14:15-15:00 ZUMBA 14:30-15:15 GBIKE | 14:15-15:00 GBODY 14:30-15:15 GBIKE | 14:15-15:00 GCROSS 14:30-15:15 GBIKE | 14:15-15:00 GAP 14:30-15:15 BEST CYCLING | | |
| 15.00 | 15:30-16:15 BEST CYCLING 15:30-16:15 GAP | 15:30-16:15 BEST CYCLING 15:30-16:15 GBODY | 15:30-16:15 PILATES 15:30-16:15 GBIKE | 15:30-16:15 BEST CYCLING 15:30-16:15 GBOX | 15:30-16:15 ZUMBA 15:30-16:15 BEST CYCLING | | |
| 16.00 | 16:30-17:15 ZUMBA 16:30-17:15 BEST CYCLING | 16:30-17:15 BEST CYCLING | 16:30-17:15 BEST CYCLING | 16:30-17:15 BEST CYCLING | | | |
| 17.00 | 17:30-18:15 GMIND | 17:00-17:30 PILATES | 17:00-17:45 ZUMBA | 17:00-17:45 GBODY | 17:00-17:45 GBIKE | | |
| 18.00 | 18:00-18:45 GBIKE 18:30-19:15 GBODY 18:30-18:50 Glúteo 10 | 18:00-18:45 GBIKE 18:30-19:15 GBOX 18:30-18:45 GCORE | 18:00-18:45 BEST CYCLING 18:30-19:15 GAP 18:30-18:50 Glúteo 10 | 18:00-18:45 GBIKE 18:30-19:15 PILATES 18:30-18:50 Trx | 18:00-18:45 BEST CYCLING 18:30-19:15 GBODY | 18:30-19:15 BEST CYCLING | |
| 19.00 | 19:00-19:45 GBIKE 19:30-20:15 GCROSS 19:30-20:15 GBOX | 19:00-19:45 BEST CYCLING 19:30-19:50 Trx 19:30-20:15 GAP | 19:00-19:45 GBIKE 19:30-20:15 GBODY 19:30-20:15 GHIIT | 19:00-19:45 BEST CYCLING 19:30-20:15 GCROSS 19:30-20:15 ZUMBA | 19:00-19:45 BEST CYCLING 19:30-20:15 GBOX | 19:30-20:15 BEST CYCLING | |
| 20.00 | 20:00-20:45 GBIKE 20:30-21:15 ZUMBA | 20:00-20:45 GBIKE | 20:00-20:45 GBIKE 20:30-21:15 GBOX | 20:00-20:45 BEST CYCLING 20:30-21:15 GBODY | 20:00-20:45 BEST CYCLING | | |
| 21.00 | 21:00-21:45 BEST CYCLING | 21:00-21:45 BEST CYCLING | 21:00-21:45 BEST CYCLING | 21:00-21:45 BEST CYCLING | 21:00-21:45 BEST CYCLING | | |

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