

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 7.00 | 07:45-08:30 BEST CYCLING | 07:45-08:30 BEST CYCLING | 07:45-08:30 BEST WALKING | 07:45-08:30 BEST CYCLING | 07:45-08:30 BEST CYCLING | | |
| 9.00 | 09:30-10:15 PILATES | 09:30-10:15 GBIKE | 09:30-10:15 GENERGY | 09:30-10:15 GBIKE | 09:30-10:15 GBODY | 09:30-10:15 BEST WALKING | 09:30-10:15 BEST CYCLING |
| 10.00 | 10:30-11:15 BEST WALKING | 10:30-11:15 GBOX | 10:30-11:15 GMIND | 10:30-11:15 ZUMBA | 10:30-11:15 GBIKE | 10:30-11:15 BEST CYCLING | 10:30-11:15 BEST WALKING |
| | 10:30-11:15 GBIKE | 10:30-11:15 BEST CYCLING | 10:30-11:15 BEST CYCLING | 10:30-11:15 BEST CYCLING | 10:30-11:15 BEST WALKING | | |
| 11.00 | 11:30-12:15 GFUNCIONAL | 11:30-12:15 ZUMBA | 11:30-12:15 BEST WALKING | 11:30-12:15 GAP | 11:30-12:15 PILATES | 11:30-12:15 BEST WALKING | 11:30-12:15 BEST CYCLING |
| | 11:30-12:15 BEST CYCLING | 11:30-12:15 BEST CYCLING | 11:30-12:15 GBODY | 11:30-12:15 BEST CYCLING | 11:30-12:15 BEST CYCLING | | |
| 12.00 | | 12:30-13:00 Hipopresivos | | 12:30-13:00 Hipopresivos | | | 12:30-13:15 BEST WALKING |
| 13.00 | 13:15-14:00 BEST CYCLING | 13:15-14:00 BEST WALKING | 13:15-14:00 BEST CYCLING | 13:15-14:00 BEST WALKING | 13:15-14:00 BEST CYCLING | 13:00-13:45 BEST CYCLING | 13:00-13:45 Fitness kids |
| 14.00 | 14:30-15:15 BEST CYCLING | 14:30-15:15 BEST WALKING | 14:30-15:15 BEST CYCLING | 14:30-15:15 BEST WALKING | 14:30-15:15 BEST CYCLING | | |
| 16.00 | 16:15-17:00 BEST CYCLING | 16:15-17:00 BEST CYCLING | 16:15-17:00 BEST WALKING | 16:15-17:00 BEST CYCLING | 16:15-17:00 BEST CYCLING | | |
| 17.00 | 17:00-17:30 Hipopresivos | 17:30-18:15 BEST WALKING | 17:00-17:30 Hipopresivos | | | 17:30-18:15 BEST WALKING | 17:30-18:15 BEST WALKING |
| | 17:30-18:15 PILATES | 17:30-18:15 ZUMBA | 17:30-18:15 PILATES | | | | |
| 18.00 | 18:30-19:15 GAP | 18:30-19:15 GMIND | 18:30-19:00 GCORE | 18:30-19:15 GBOX | 18:30-19:15 GBIKE | 18:30-19:15 BEST CYCLING | 18:30-19:15 BEST CYCLING |
| | | | 18:30-19:15 BEST CYCLING | | 18:30-19:15 Fitness kids | | |
| 19.00 | 19:00-19:45 GBIKE | 19:00-19:45 GBIKE | 19:00-19:45 ZUMBA | 19:00-19:45 GBIKE | | 19:30-20:15 GBODY | |
| | 19:30-20:00 GFUNCIONAL | 19:30-20:15 GBOX | 19:30-20:15 GBIKE | 19:00-19:45 BEST WALKING | | | |
| | 19:30-20:15 ZUMBA | | 19:30-20:15 BEST WALKING | 19:30-20:15 STEP | | | |
| 20.00 | 20:00-20:45 GBIKE | 20:00-20:45 GBIKE | 20:00-20:45 GAP | 20:00-20:45 GBIKE | | 20:30-21:15 BEST WALKING | |
| | 20:00-20:45 BEST WALKING | 20:30-21:15 GBODY | 20:30-21:15 GBIKE | 20:30-21:15 ZUMBA | | | |
| | 20:30-21:15 GENERGY | | | | | | |
| 21.00 | 21:15-21:45 Hipopresivos | 21:00-21:45 BEST WALKING | 21:00-21:30 Hipopresivos | 21:00-21:45 BEST CYCLING | | | |
| | | 21:15-22:00 PILATES | 21:00-21:30 GFUNCIONAL | 21:15-22:00 GMIND | | | |

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