

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
6.00	06:45 07:35 <b>GBIKE</b>	06:45 07:30 <b>GBODY</b>			
7.00			07:00 07:50 <b>GBIKE</b>	07:00 07:45 <b>GCROSS</b>	07:00 07:50 <b>BEST CYCLING</b>
8.00	08:40 09:30 <b>GBIKE</b> 08:40 09:25 Gaqua	08:40 09:25 <b>GBODY</b> 08:40 09:25 Aquadance	08:40 09:25 <b>PILATES</b> 08:40 09:25 Gaqua	08:40 09:25 Aquadance 08:40 09:25 <b>ZUMBA</b>	08:40 09:25 Gaqua 08:40 09:25 <b>GAP</b>
9.00	09:30 10:15 Aquadance 09:30 10:15 <b>GBODY</b>	09:30 10:15 <b>ZUMBA</b> 09:30 10:15 Gaqua	09:30 10:15 <b>GAP</b> 09:30 10:15 Aquadance	09:30 10:15 <b>GMIND</b> 09:30 10:15 Gaqua	09:30 10:15 Aquadance 09:30 10:20 <b>GBIKE</b>
10.00	10:20 11:05 <b>ZUMBA</b> 10:20 11:05 Gaqua	10:20 11:05 <b>GMIND</b> 10:20 11:05 Aquadance	10:20 11:05 <b>ZUMBA</b> 10:20 11:05 Gaqua 10:20 11:10 <b>BEST CYCLING</b>	10:20 11:05 Aquadance 10:20 11:05 <b>GBODY</b>	10:20 11:05 <b>GBOX</b> 10:20 11:05 Gaqua
11.00	11:10 11:55 <b>PILATES</b>	11:10 11:55 <b>GBOX</b>	11:10 11:55 <b>GCROSS</b>	11:10 12:00 <b>GBIKE</b>	11:10 11:55 <b>ZUMBA</b>
13.00	13:30 14:20 <b>GBIKE</b>	13:30 14:15 <b>GBODY</b>	13:30 14:20 <b>GBIKE</b>	13:30 14:15 <b>GCROSS</b>	13:30 14:20 <b>BEST CYCLING</b>
16.00	16:20 17:05 <b>ZUMBA</b>	16:20 17:05 <b>GCROSS</b>	16:20 17:05 <b>GBOX</b>	16:20 17:05 <b>GAP</b>	16:30 17:15 <b>GBODY</b>
17.00	17:00 17:50 <b>BEST CYCLING</b> 17:10 17:55 <b>GAP</b>	17:00 17:50 <b>BEST CYCLING</b> 17:10 17:55 <b>GMIND</b>	17:00 17:50 <b>BEST CYCLING</b> 17:10 17:55 <b>GBODY</b>	17:00 17:50 <b>BEST CYCLING</b> 17:10 17:55 <b>ZUMBA</b>	17:30 18:20 <b>GBIKE</b>
18.00	18:00 18:45 <b>GBODY</b> 18:00 18:50 <b>GBIKE</b> 18:50 19:35 <b>ZUMBA</b>	18:00 18:45 <b>GHIIT</b> 18:00 18:50 <b>GBIKE</b> 18:50 19:35 <b>GBODY</b>	18:00 18:50 <b>GBIKE</b> 18:00 18:45 <b>PILATES</b> 18:50 19:35 <b>GBOX</b>	18:00 18:50 <b>GBIKE</b> 18:00 18:45 Step 18:50 19:35 <b>GCROSS</b>	18:30 19:15 <b>ZUMBA</b>
19.00	19:00 19:50 <b>GBIKE</b> 19:40 20:25 <b>GMIND</b>	19:00 19:50 <b>GBIKE</b> 19:40 20:25 Step	19:00 19:50 <b>GBIKE</b> 19:40 20:25 <b>ZUMBA</b>	19:00 19:50 <b>GBIKE</b> 19:40 20:25 <b>GBODY</b>	19:30 20:15 <b>GMIND</b>
20.00	20:00 20:50 <b>GBIKE</b> 20:15 21:00 Gaqua 20:30 21:15 <b>GBOX</b>	20:00 20:50 <b>GFUNCIONAL</b> 20:15 21:00 Aquadance 20:30 21:15 <b>ZUMBA</b>	20:00 20:50 <b>GBIKE</b> 20:15 21:00 Gaqua 20:30 21:15 <b>GAP</b>	20:00 20:50 <b>GBIKE</b> 20:15 21:00 Aquadance 20:30 21:15 <b>PILATES</b>	20:15 21:00 Gaqua
21.00	21:00 21:50 <b>BEST CYCLING</b>	21:00 21:50 <b>BEST CYCLING</b>	21:00 21:50 <b>BEST CYCLING</b>	21:00 21:50 <b>BEST CYCLING</b>	

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

El martes 5 de Carnaval no se llevará a cabo ninguna actividad y el horario del gym será de 9.00 a 14.00.