

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7.00	07:30-08:15: GBIKE 07:30-08:00: Trx	07:30-08:00: Gap	07:30-08:15: GBIKE 07:30-08:00: GCORE	07:30-08:15: BEST CYCLING 07:30-08:00: GFUNCIONAL	07:30-08:15: BEST CYCLING 07:30-08:00: G-FLEX		
8.00	08:30-09:15: BEST CYCLING 08:30-09:15: Espalda sana 08:30-09:15: BEST WALKING	08:15-09:00: PILATES 08:30-09:15: BEST WALKING 08:30-09:15: BEST CYCLING 08:45-09:15: Trx	08:30-09:15: BEST WALKING 08:30-09:15: Espalda sana	08:30-09:15: BEST WALKING 08:30-09:15: GBODY 08:30-09:15: BEST CYCLING	08:30-09:15: BEST WALKING 08:30-09:15: Espalda sana 08:30-09:15: BEST CYCLING		
9.00	09:30-10:15: BEST WALKING 09:30-10:15: BEST CYCLING 09:30-10:15: Gap	09:30-10:15: BEST CYCLING 09:30-10:15: ZUMBA 09:30-10:15: BEST WALKING	09:30-10:15: BEST CYCLING 09:30-10:15: BEST WALKING 09:30-10:15: GBODY	09:30-10:15: BEST CYCLING 09:30-10:15: GMIND 09:30-10:15: BEST WALKING	09:30-10:15: ZUMBA 09:30-10:15: BEST WALKING		
10.00	10:30-11:15: Espalda sana 10:30-11:15: GBIKE	10:30-11:15: BEST CYCLING 10:30-11:15: GBODY	10:30-11:15: GBOX 10:30-11:15: GBIKE	10:30-11:15: GENERGY 10:30-11:15: BEST CYCLING	10:30-11:15: GBIKE 10:30-11:30: PILATES	10:00-10:45: BEST CYCLING 10:15-11:00: Master sorpresa	10:30-11:15: BEST CYCLING
11.00	11:30-12:15: GBODY	11:30-12:15: G-FLEX	11:30-12:15: Espalda sana	11:30-12:30: YOGA	11:30-12:15: GFUNCIONAL	11:00-11:45: Master sorpresa 11:00-11:45: BEST CYCLING	
14.00	14:15-15:00: GBODY 14:15-15:00: G-RUN 14:20-15:05: BEST CYCLING	14:15-15:00: GBOX 14:20-15:05: BEST CYCLING	14:15-15:00: G-RUN 14:15-15:00: GBODY 14:20-15:05: BEST CYCLING	14:15-15:00: GBOX 14:20-15:05: BEST CYCLING	14:15-15:00: GFUNCIONAL 14:20-15:05: BEST CYCLING		
15.00	15:30-16:15: GMIND	15:30-16:15: GBODY	15:30-16:15: GMIND	15:30-16:15: ZUMBA	15:30-16:15: PILATES		
16.00	16:30-17:15: BEST WALKING	16:30-17:15: BEST WALKING	16:30-17:15: BEST WALKING	16:30-17:15: BEST WALKING	16:30-17:15: BEST WALKING		
17.00	17:45-18:30: PILATES				17:15-18:15: YOGA		
18.00	18:00-18:45: BEST CYCLING 18:30-19:15: BEST WALKING 18:30-19:15: GBODY	18:00-18:45: GBODY 18:30-19:15: BEST WALKING 18:45-19:30: ZUMBA	18:00-18:45: GMIND 18:30-19:15: GBIKE 18:30-19:15: BEST WALKING 18:45-19:15: Gap	18:00-18:45: GENERGY 18:30-19:15: BEST WALKING 18:45-19:30: Gap	18:15-19:00: ZUMBA 18:30-19:15: BEST WALKING	18:00-18:45: BEST CYCLING	
19.00	19:00-19:45: GBIKE 19:30-20:15: BEST WALKING 19:30-20:15: ZUMBA	19:15-19:45: GBIKE 19:30-20:15: GAP 19:30-20:15: BEST WALKING	19:30-20:15: BEST WALKING 19:30-20:15: GBODY	19:15-20:00: GBIKE 19:30-20:15: GBOX 19:30-20:16: GBOX	19:00-20:00: PILATES 19:15-19:45: Trx 19:15-20:00: GBIKE 19:30-20:15: BEST WALKING		
20.00	20:00-20:45: GBIKE 20:15-21:00: GBOX 20:30-21:15: BEST WALKING	20:15-21:00: Strong 20:30-21:15: BEST WALKING 20:30-21:15: GBIKE	20:00-20:45: GBIKE 20:15-21:00: ZUMBA	20:15-20:45: Trx 20:30-21:15: BEST WALKING 20:45-21:30: GMIND	20:15-21:00: BEST CYCLING 20:15-21:00: GBODY 20:30-21:15: BEST WALKING		
21.00	21:00-21:45: GMIND 21:00-21:45: BEST CYCLING 21:00-21:45: GCROSS	21:00-21:45: PILATES	21:00-21:45: BEST CYCLING 21:00-21:45: GCROSS	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