

Horario válido del 30 de Octubre al 31 de Diciembre El club se reserva el derecho a modificar el horario de actividades dirigidas

INICIO	FINAL	SALA CLUB	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15	8:00	CICLO		CYCLING VIRTUAL		CYCLING VIRTUAL			
8:00	8:45	CICLO	CYCLING		CYCLING		CYCLING VIRTUAL		
8:00	8:45	SALA 1		PILATES					
8:00	8:45	SALA 2				DYNAMIC cardio			
9:30	10:15	SALA 2			ZUMBA		FIT- DANCE		
9:30	10:15	CICLO				CYCLING			
9:30	10:15	PISCINA	AQUAGYM	AQUAGYM		AQUAGYM	AQUAGYM		
9:30	10:30	SALA 2	BODYPUMP			BODYPUMP			
9:30	10:15	SALA 2		DYNAMIC Strength					
9:30	10:30	BOX	BF CROSS		BF CROSS		BF CROSS		
10:30	11:15	SALA 2			BF Gold				
10:30	11:15	SALA 1	PILATES			PILATES			
10:30	11:15	CICLO		CYCLING			CYCLING	CYCLING	CYCLING VIRTUAL
10:45	11:00	SALA FITNESS	CORE 15'	CORE 15'	CORE 15'	CORE 15'	CORE 15'		FUNCTIONAL 15'
10:45	11:30	SALA 2	FIT- DANCE			FIT- DANCE			
11:30	12:15	CICLO	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
13:45	14:30	BOX	TRX		CIRCUIT TRAINING				
13:45	14:30	CICLO		CYCLING VIRTUAL		CYCLING VIRTUAL			
15:30	16:15	SALA 2		FIT- DANCE		BF FIT			
15:30	15:45	SALA FITNESS	CORE 15'	CORE 15'	CORE 15'	CORE 15'	CORE 15'		
15:30	16:15	CICLO	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
16:30	17:15	CICLO	CYCLING		CYCLING				
17:15	18:00	SALA2		PILATES					
17:30	18:15	CICLO		CYCLING VIRTUAL		CYCLING			
17:45	18:00	SALA FITNESS	FUNCTIONAL 15'	FUNCTIONAL 15'	FUNCTIONAL 15'	FUNCTIONAL 15'	FUNCTIONAL 15'		
18:00	18:15	SALA FITNESS	CORE 15'	CORE 15'	CORE 15'	CORE 15'	CORE 15'	FUNCTIONAL 15'	
18:15	19:15	SALA 2		BODYPUMP					
18:15	19:00	SALA 2	GAP		BF FIT	ZUMBA	DYNAMIC Strength		
18:15	19:00	COS-MENT				PILATES			
19:00	20:00	COS-MENT	YOGA						
19:00	20:00	BOX	BF CROSS		BF CROSS				
19:15	20:15	SALA 2	BODYPUMP			BODYPUMP			
19:30	20:15	COS-MENT				PILATES	STRECHING		
19:30	20:15	CICLO	CYCLING	CYCLING	CYCLING		CYCLING		
19:30	20:15	SALA 2		PILATES	DYNAMIC Strength				
20:00	21:00	COS-MENT	CHI-KUNG						
20:00	21:00	BOX	BF CROSS		BF CROSS				
20:15	21:00	PISCINA		AQUA zumba		AQUAGYM			
20:30	21:15	SALA 2	ZUMBA		ZUMBA				
20:30	20:45	SALA FITNESS	CORE 15'	CORE 15'	CORE 15'	CORE 15'	CORE 15'		
20:30	21:30	EXTERIOR		RUNNING		RUNNING			
20:30	21:15	CICLO		CYCLING		CYCLING			

-  Cuerpo-mente
-  Tonificación
-  Alta intensidad
-  Cardiovascular
-  Gimnasia dulce
-  Virtual
-  Exterior
-  Baile

Puede consultar el horario en la web del club [www.badalonafitness.com](http://www.badalonafitness.com)