

ACTIVIDADES COLECTIVAS



EL GALEÓN

RECUERDA

*RESERVAR TU CLASE DESDE LA APP.

SIGUE LAS INDICACIONES DE NUESTROS TÉCNICOS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
POWER 9:30 SALA G. TRAINING	CICLO 9:30 SALA NARANJA	POWER /FIGHT DO (ÚLTIMO MIÉRCOLES MES) 9:30 SALA G. TRAINING	CICLO 9:30 SALA NARANJA	CICLO 9:30 SALA NARANJA		
CICLO VIRTUAL 09:30 SALA NARANJA	BOXEO 9:30 SALA G. TRAINING	CICLO VIRTUAL 09:30 SALA NARANJA	BOXEO 9:30 SALA G. TRAINING	BOXEO 9:30 SALA G. TRAINING		
YOGA 9:30 SALA CROSSFITNESS	AQUAGYM 10:30 PISCINA	PILATES 10:30 SALA G. TRAINING	AQUAGYM 10:30 PISCINA	PILATES 10:30 SALA G. TRAINING	SGT 11:00 SALA FITNESS	SGT 11:00 SALA FITNESS
MOON 10:30 SALA CROSSFITNESS	ZUMBA 10:30 SALA G. TRAINING		GAP 10:00 SALA CROSSFITNESS		OPEN BOX BOXEO 11:00 SALA G. TRAINING	
OPEN BOX BOXEO 11:30 SALA G. TRAINING	OPEN BOX CROSSFIT 11:30 SALA CROSSFITNESS	AQUASALUD 11:15 PISCINA	ZUMBA 10:30 SALA G. TRAINING		CICLO 12:00 SALA NARANJA	
AQUA SALUD 11:15 PISCINA	HIPOPRESIVOS 11:30 SALA G. TRAINING	OPEN BOX BOXEO 11:30 SALA G. TRAINING	OPEN BOX CROSSFITNESS 11:30 SALA CROSSFITNESS	AQUARUN 11:15 PISCINA		
		TRX 11:30 SALA FITNESS	CORE 11:30 SALA FITNESS	HIPOPRESIVOS 11:30 SALA G. TRAINING		
SGT 12:00 SALA FITNESS	CROSSFITNESS 14:30 SALA CROSSFITNESS	SGT 12:00 SALA FITNESS				
CICLO 14:30 SALA NARANJA		CICLO 14:30 SALA NARANJA	AQUACROSS 14:30 PISCINA	CROSSFITNESS 17:00 SALA CROSSFITNESS		
SGT 17:00 SALA FITNESS		SGT 17:00 SALA FITNESS		ZUMBA 17:00 SALA G. TRAINING		
ZUMBA 17:00 SALA G. TRAINING	GP (Glúteo + pierna) 17:30 SALA G. TRAINING		GP (Glúteo + pierna) 17:30 SALA G. TRAINING			
ROCKET 17:30 SALA CROSSFITNESS				TRX 18:00 SALA CROSSFITNESS		
Curso Kick-Thai Boxing (7-14años) + SOCIOS BOXEO 18:00 SALA G. TRAINING	FIGHT DO 18:00 SALA G. TRAINING	Curso Kick-Thai Boxing (7-14años) + SOCIOS BOXEO 18:00 SALA G. TRAINING	FIGHT DO 18:00 SALA G. TRAINING	PILATES 18:30 SALA G. TRAINING		
MOON 18:00 SALA CROSSFITNESS	HIPOPRESIVOS 18:30 SALA CROSSFITNESS	MOON 18:00 SALA CROSSFITNESS	HIPOPRESIVOS 18:30 SALA CROSSFITNESS	CICLO 18:30 SALA NARANJA		
ROCKET 18:30 SALA CROSSFITNESS		ROCKET 18:30 SALA CROSSFITNESS				
CICLO 18:30 SALA NARANJA		CICLO 18:30 SALA NARANJA				
TRX 19:00 SALA CROSSFITNESS	PILATES 19:00 SALA G. TRAINING	TRX 19:00 SALA CROSSFITNESS	PILATES 19:00 SALA G. TRAINING	AQUACROSS 19:30 PISCINA		
CURSO BOXEO (7-14año) + SOCIOS BOXEO 19:00 SALA G. TRAINING	CROSSFITNESS 19:00 SALA CROSSFITNESS	CURSO BOXEO (7-14año) + SOCIOS BOXEO 19:00 SALA G. TRAINING	CROSSFITNESS 19:00 SALA CROSSFITNESS			
CICLO 19:30 SALA NARANJA		CICLO 19:30 SALA NARANJA	CICLO 19:00 SALA NARANJA			
	AQUARUN 19:00 PISCINA					
AQUAGYM 19:30 PISCINA	CICLO 20:00 SALA NARANJA	AQUAGYM 19:30 PISCINA		BOXEO / KICK- THAI ADULTO 20:00 SALA G. TRAINING		
	CORE 20:00 SALA CROSSFITNESS	YOGA 20:15 SALA G. TRAINING	CORE 20:00 SALA CROSSFITNESS			
	BOXEO ADULTO 20:30 SALA G. TRAINING		BOXEO ADULTO 20:30 SALA G. TRAINING			