# FITNESS FACTORY CLUB

**HORARIO:**
· De lunes a viernes: de 6:00 a 23:00h
· Sábados: de 9:00 a 21:00h
· Domingos: de 9:00 a 14:00h

**INFORMACIÓN:**
· T. 937 575 900
· fitnessfactoryclub.com

# HORARIO DE ACTIVIDADES

| | LUNES | | MARTES | | DIMECRES | | JUEVES | | VIERNES | | SÁBADO | | DOMINGO | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | HORA | ACTIVIDAD | HORA | ACTIVIDAD | HORA | ACTIVIDAD | HORA | ACTIVIDAD | HORA | ACTIVIDAD | HORA | ACTIVIDAD | HORA | ACTIVIDAD |
| 7:00 | 7:00 | SPINNING | 7:00 | BODYPUMP | 7:00 | SPINNING | 7:00 | ESPALDA SANA | 7:00 | SPINNING | | | | |
| | | | 7:00 | CROSS FACTORY | 7:00 | G.A.C. | 7:00 | CROSS FACTORY | | | | | | |
| 8:00 | 8:00 | TONO | 8:00 | PILATES | 8:00 | A. GYM | 8:00 | G.A.C. | 8:00 | BODYBALANCE | | | | |
| 9:00 | 9:15 | AQUAFITNESS | 9:15 | A. GYM | 9:15 | AQUAFITNESS | 9:15 | A. GYM | 9:00 | AQUAFITNESS | | | | |
| | 9:30 | HATHA: IRENE | 9:30 | SPINNING | 9:30 | ESPALDA SANA | 9:30 | SPINNING | 9:30 | ZUMBA | | | | |
| | 9:30 | BODYPUMP | 9:30 | PILATES | 9:30 | G.A.C. | 9:30 | BODYBALANCE | 9:30 | PILATES | | | | |
| 10:00 | 10:30 | ESPALDA SANA | 10:30 | HATHA: IRENE | 10:30 | HIPOPRESIVAS | 10:30 | HATHA: IRENE | 10:30 | BODYPUMP | 10:00 | SPINNING | 10:30 | T.B.C. |
| | 10:30 | T.B.C. | 10:30 | A. GYM | | | 10:30 | A. GYM | | | | | | |
| 11:00 | 11:30 | A. GYM | | | 11:30 | A. GYM | | | 11:30 | A. GYM | 11:00 | BODYPUMP | 11:30 | SPINNING |
| 13:00 | 13:15 | CROSS FACTORY | 13:15 | CIRCUIT TRAINING | 13:15 | HALTEROFÍLIA | 13:15 | CIRCUIT TRAINING | 13:15 | CIRCUIT TRAINING | | | | |
| 14:00 | | | 14:00 | G.A.C. | | | 14:00 | BODYPUMP | | | | | | |
| 15:00 | 15:15 | CROSS FACTORY | 15:15 | SPINNING | 15:15 | T.B.C. STRONG | 15:15 | SPINNING | 15:15 | CROSS FACTORY | | | | |
| | 15:30 | A. GYM | | | 15:15 | CROSS FACTORY | 15:15 | HALTEROFÍLIA | 15:15 | F. COMBAT | | | | |
| | | | | | 15:30 | A. GYM | | | | | | | | |
| 16:00 | | | 16:15 | A. GYM | | | 16:15 | A. GYM | 16:15 | BODYBALANCE | | | | |
| 17:00 | 17:15 | SPINNING | 17:00 | PILATES | 17:00 | ESPALDA SANA | | | 17:15 | PILATES | | | | |
| | | | 17:15 | SEXY STYLE CARDIO | 17:15 | | | | | | | | | |
| 18:00 | 18:15 | G.A.C. | 18:15 | CORE | 18:00 | PILATES | 18:15 | POWER FIT | 18:00 | BODYPUMP | | | | |
| | 18:00 | ESPALDA SANA | 18:15 | SPINNING | 18:10 | BACHATA & LATINO | 18:15 | ZUMBA | 18:00 | SH'BAM | | | | |
| | | | | | 18:15 | JUMPING | 18:30 | REGGAETON | | | | | | |
| 19:00 | 19:00 | HATHA VINYASA: GEMMA | 19:00 | PILATES | 19:15 | F. COMBAT | 19:15 | CORE | 19:00 | TONO | | | | |
| | 19:00 | A. GYM | 19:10 | SEXY STYLE | 19:00 | BODYBALANCE | 19:15 | SPINNING | 19:15 | HATHA VINYASA: GEMMA | | | | |
| | 19:15 | BODYPUMP | 19:15 | B. ATTACK | 19:00 | DANCE CARDIO | 19:15 | ESPALDA SANA | 19:15 | A. GYM | | | | |
| | 19:15 | CROSS FACTORY | 19:15 | SPINNING | 19:15 | CROSS FACTORY | 19:15 | CROSS FACTORY | 19:15 | CROSS FACTORY | | | | |
| | | | | | 19:30 | HIGH INTENSITY | | | 19:15 | SPINNING | | | | |
| 20:00 | 20:15 | F. COMBAT | 20:00 | HATHA VINYASA: GEMMA | 20:15 | SH'BAM | 20:15 | STRONG | | | | | | |
| | 20:15 | SH'BAM | 20:15 | BODYSTEP | 20:15 | BODYPUMP | | | | | | | | |
| | 20:15 | SPINNING | 20:15 | ZUMBA | 20:15 | SPINNING | | | | | | | | |
| | 20:15 | PILATES | | | | | | | | | | | | |