FITNESS FACTORY CLUB
L'HAVANA

HORARI:
De dilluns a divendres de 6:00 a 23:00h
Dissabte: de 9:00 a 21:00h
Diumenge: de 9:00 a 14:00h

INFORMACIÓ:
937 575 900
607 600 916
info@fitnessfactoryclub.com

HORARI D'ACTIVITATS DIRIGIDES

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE		DIUMENGE	
	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT
7:00	7:00	SPINNING	7:00	GAC	7:00	SPINNING	7:00	ESQUENA SANA	7:00	SPINNING				
					7:00	LesMILLS BODYPUMP	7:00	TOTAL BODY						
			7:00	CROSS TRAINING	7:00	CROSS TRAINING	7:00	CROSS TRAINING						
8:00	8:00	AQUAGYM	8:00	PILATES	8:00	AQUAGYM	8:00	GAC	8:00	AQUAGYM				
	8:00	GAC							8:00	LesMILLS BODYBALANCE				
9:00	9:00	AQUAFITNESS	9:15	AQUAGYM	9:00	AQUAFITNESS	9:15	AQUAGYM	9:00	AQUAFITNESS				
	9:15	FUNCTIONAL TRAINING	9:30	SPINNING	9:15	FUNCTIONAL TRAINING	9:30	SPINNING	9:15	FUNCTIONAL TRAINING	9:15	FUNCTIONAL TRAINING		
	9:15	HATHA IOGA	9:30	PILATES	9:30	ESQUENA SANA	9:30	LesMILLS BODYBALANCE	9:15	PILATES	9:30	PILATES		
	9:30	LesMILLS BODYPUMP			9:30	GAC			9:30	ZUMBA				
			10:15	HYROX			10:15	HYROX						
10:00	10:00	AQUAGYM	10:30	AQUAGYM	10:00	AQUAGYM	10:30	AQUAGYM	10:30	LesMILLS BODYPUMP	10:00	SPINNING	10:30	TOTAL BODY
	10:30	ESQUENA SANA	10:30	HATHA IOGA	10:30	HIPOPRESSIUS	10:30	HATHA IOGA	10:30	ESQUENA SANA	10:30	CIRCUIT FITNESS FEMENÍ		
	10:30	TOTAL BODY	10:30	LesMILLS BODYCOMBAT	10:30	LesMILLS BODYPUMP	10:30	TOTAL BODY						
11:00	11:30	AQUAGYM		AQUAGYM	11:30	AQUAGYM		AQUAGYM	11:30	AQUAGYM	11:00	LesMILLS BODYPUMP	11:30	SPINNING
	11:30	ESQUENA SANA	11:30	COS i MOVIMENT	11:30	ESQUENA SANA	11:30	COS i MOVIMENT			11:00	CROSS TRAINING		
13:00			13:00	FUNCTIONAL TRAINING			13:00	FUNCTIONAL TRAINING						
14:00			14:00	GAC	14:00	boxing	14:00	LesMILLS BODYPUMP						
15:00	15:15	GAC	15:15	SPINNING	15:15	TOTAL BODY	15:15	SPINNING	15:15	LesMILLS BODYPUMP				
	15:15	CROSS TRAINING			15:15	CROSS TRAINING	15:15	CROSS TRAINING	15:15	CROSS TRAINING				
	15:30	AQUAGYM			15:30	AQUAGYM								
16:00			16:15	AQUAGYM			16:15	AQUAGYM						
17:00	17:00	PILATES	17:00	PILATES	17:00	ESQUENA SANA	17:00	TOTAL BODY	17:00	PILATES				
	17:15	LesMILLS BODYPUMP	17:15	SPINNING	17:00	HYROX	17:00	LesMILLS BODYBALANCE	17:00	GAC				
18:00			18:00	HATHA IOGA	18:00	PILATES	18:00	VINYASA IOGA	18:00	YOGUILATES				
	18:00	CROSS TRAINING	18:00	FUNCTIONAL TRAINING	18:00	CROSS TRAINING	18:00	FUNCTIONAL TRAINING						
	18:15	ESQUENA SANA	18:15	LATINO	18:15	JUMPING	18:00	SPINNING	18:00	LesMILLS BODYPUMP				
	18:15	GAC	18:15	LesMILLS CORE			18:00	LesMILLS BODYCOMBAT	18:15	SPINNING				
	18:15	ZUMBA					18:15	ZUMBA	18:15	BANG!				
	18:15	SPINNING												
19:00	19:15	VINYASA IOGA	19:00	PILATES	19:00	LesMILLS BODYBALANCE	19:00	CIRCUIT O.C.R.	19:00	VINYASA IOGA 1:30h				
	19:15	LesMILLS BODYPUMP	19:00	CIRCUIT O.C.R.	19:15	LesMILLS BODYCOMBAT	19:00	boxing	19:15	TOTAL BODY				
	19:15	AQUA INTENSITY	19:15	AQUA INTENSITY	19:15	AQUA INTENSITY	19:15	ESQUENA SANA	19:15	AQUA INTENSITY				
	19:15	PILATES FIT	19:15	LesMILLS BODYATTACK	19:15	BANG!	19:15	STEP	19:15	CROSS TRAINING				
	19:15	CROSS TRAINING	19:15	DANCE CARDIO	19:15	CROSS TRAINING	19:15	LesMILLS CORE						
	19:30	SPINNING	19:15	SPINNING	19:15	SPINNING	19:15	SPINNING						
20:00	20:15	GAC	20:00	VINYASA IOGA	20:15	LesMILLS BODYPUMP	20:00	CROSS TRAINING						
	20:15	PILATES	20:00	CROSS TRAINING	20:15	PILATES	20:15	STRONG by ZUMBA						
	20:15	BANG!	20:15	LesMILLS BODYPUMP			20:15	ZUMBA						
			20:15	ZUMBA										