GIGFITNESS CENTER

## SALA 1

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 17:00 - 17:55<br>**BABYS** | 17:30 - 18:30<br>**HIP HOP INFANTIL 7/10 (Máx 12)** | 19:00 - 20:00<br>**MOBILITY STRETCH (Máx 10)** | 09:30 - 10:30<br>**YOGA RESTAURATIVO (Máx 15)** | 09:30 - 10:30<br>**YIN YOGA (Máx 10)** | | |
| 18:00 - 19:00<br>**HATHA YOGA (Máx 10)** | | 20:00 - 21:00<br>**HATHA YOGA (Máx 10)** | 18:00 - 19:00<br>**PILATES (Máx 8)** | 17:00 - 18:00<br>**CLÁSICO (Máx 15)** | | |
| | | | 19:00 - 20:00<br>**HATHA YOGA (Máx 10)** | 18:00 - 18:55<br>**ARTISTICA&FITKID** | | |

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# SALA 2 DANZA

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 09:30 - 10:30<br>**YOGA STRETCH (Máx 10)** | 18:30 - 19:20<br>**PILATES (Máx 16)** | 09:30 - 10:30<br>**PILATES (Máx 16)** | 19:30 - 20:30<br>**PUMP (Máx 15)** | 18:00 - 19:00<br>**ZUMBA (Máx 20)** | | |
| 17:00 - 18:00<br>**PILATES (Máx 16)** | 19:30 - 20:25<br>**BURLESQUE / JAZZ MODERNO (Máx 20)** | 17:00 - 18:00<br>**ARTISTICA&FITKID** | | 19:30 - 20:30<br>**BACHATA (Máx 16)** | | |
| 19:00 - 20:00<br>**YOGA RESTAURATIVO (Máx 19)** | 20:30 - 21:25<br>**HIP HOP PREMIUM (Máx 20)** | 18:00 - 19:00<br>**YOGA RESTAURATIVO (Máx 19)** | | 20:30 - 21:30<br>**SALSA CUBANA (Máx 0)** | | |
| 20:00 - 21:30<br>**CONTEMPORANEO ADULTO (Máx 15)** | | 19:00 - 20:00<br>**ZUMBA (Máx 20)** | | | | |

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# SALA 3 FITNESS

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 09:30 - 10:20<br>**CROSSFIT (Máx 14)** | 09:30 - 10:30<br>**CROSSFIT (Máx 14)** | 09:30 - 10:30<br>**ENDURANCE (Máx 15)** | 09:30 - 10:30<br>**CROSSFIT (Máx 14)** | 09:30 - 10:20<br>**CROSSFIT (Máx 14)** | 09:00 - 10:00<br>**OCR / HYROX (Máx 14)** | |
| 15:15 - 16:10<br>**CROSSFIT (Máx 14)** | 15:15 - 16:15<br>**CROSSFIT (Máx 14)** | 15:15 - 16:10<br>**CROSSFIT (Máx 14)** | 15:15 - 16:15<br>**CROSSFIT (Máx 14)** | 15:15 - 16:10<br>**CROSSFIT (Máx 14)** | 10:00 - 11:00<br>**CROSSFIT (Máx 14)** | |
| 17:00 - 18:00<br>**CROSSFIT KIDS (Máx 14)** | 18:30 - 19:25<br>**CROSSFIT (Máx 14)** | 17:00 - 17:55<br>**TRX (Máx 16)** | 17:30 - 18:30<br>**CROSSFIT (Máx 14)** | 17:00 - 18:00<br>**CROSSFIT OCR (Máx 14)** | | |
| 18:00 - 18:40<br>**TRX (Máx 16)** | 19:30 - 20:20<br>**PUMP (Máx 19)** | 18:00 - 18:55<br>**PUMP (Máx 19)** | 18:30 - 19:30<br>**G.A.P (Máx 25)** | 18:00 - 19:00<br>**YOGA STRETCH (Máx 10)** | | |
| 19:00 - 19:55<br>**CROSSFIT (Máx 14)** | 20:30 - 21:25<br>**CROSSFIT (Máx 14)** | 19:00 - 19:55<br>**CROSSFIT (Máx 14)** | 19:30 - 20:30<br>**CROSSFIT (Máx 14)** | 19:00 - 20:00<br>**ENDURANCE (Máx 15)** | | |
| 20:00 - 20:50<br>**CROSSFIT (Máx 14)** | | 20:00 - 20:50<br>**CROSSFIT (Máx 14)** | 20:30 - 21:30<br>**CROSSFIT (Máx 14)** | | | |

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# SALA 4 OPEN BOX

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 08:30 - 09:30<br>**OPENBOX (Máx 15)** | 08:30 - 09:30<br>**OPENBOX (Máx 15)** | 08:30 - 09:30<br>**OPENBOX (Máx 15)** | 08:30 - 09:30<br>**OPENBOX (Máx 15)** | 08:30 - 09:30<br>**OPENBOX (Máx 15)** | 09:30 - 11:00<br>**OPENBOX (Máx 5)** | |
| 10:30 - 11:30<br>**OPENBOX (Máx 15)** | 10:30 - 11:30<br>**OPENBOX (Máx 15)** | 10:30 - 11:30<br>**OPENBOX (Máx 15)** | 10:30 - 11:30<br>**OPENBOX (Máx 15)** | 10:30 - 11:30<br>**OPENBOX (Máx 15)** | | |
| 11:30 - 12:30<br>**OPENBOX (Máx 15)** | 11:30 - 12:30<br>**OPENBOX (Máx 15)** | 11:30 - 12:30<br>**OPENBOX (Máx 15)** | 11:30 - 12:30<br>**OPENBOX (Máx 15)** | 11:30 - 12:30<br>**OPENBOX (Máx 15)** | | |
| 16:00 - 17:00<br>**OPENBOX (Máx 15)** | 16:00 - 17:00<br>**OPENBOX (Máx 14)** | 16:00 - 17:00<br>**OPENBOX (Máx 15)** | 16:00 - 17:00<br>**OPENBOX (Máx 14)** | 16:00 - 17:00<br>**OPENBOX (Máx 15)** | | |
| 17:00 - 18:00<br>**OPENBOX (Máx 5)** | 17:00 - 18:00<br>**OPENBOX (Máx 15)** | 17:00 - 18:00<br>**OPENBOX (Máx 15)** | 18:00 - 19:00<br>**OPENBOX (Máx 15)** | 17:00 - 18:30<br>**OPENBOX (Máx 15)** | | |
| | 18:00 - 19:00<br>**OPENBOX (Máx 15)** | | 19:30 - 20:30<br>**OPENBOX (Máx 5)** | 19:30 - 20:30<br>**OPENBOX (Máx 5)** | | |
| | 19:30 - 20:30<br>**OPENBOX (Máx 5)** | | | | | |

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