GIGFITNESS CENTER

SALA 1

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

20/06/2025

GIGFITNESS CENTER

SALA 2 DANZA

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

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GIGFITNESS CENTER

SALA 3 FITNESS

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

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GIGFITNESS CENTER

SALA 4 OPEN BOX

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

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