

# GO fit Segalerva

basic \* active \*\* sport \*\*\* extreme \*\*\*\*

POWER		MIXTA		CUERPO-MENTE		AGUA		MOVE		CICLO INDOOR	
VIERNES (26/04)						SÁBADO (27/04)					
08:45	3	ADAPTIV PILATES	**	60'	09:30	2	BIKE VIRTUAL		45'		
09:15	P	ADAPTIV AQUA	**	45'	10:00	3	ADAPTIV YOGA	**	60'		
09:30	1	GAP		45'	10:15	1	ADAPTIV STRENGTH	**	60'		
09:30	2	ADAPTIV BIKE	**	45'	11:15	3	ADAPTIV PILATES	**	60'		
09:30	4	ADAPTIV STEP	**	60'	11:30	2	ADAPTIV BIKE	*	45'		
09:45	3	MANTENIMIENTO ACTIVO		60'	11:30	P	ADAPTIV AQUA	***	45'		
10:15	F	CIRCUITO FUNCIONAL		30'	12:15	1	GAP		30'		
10:15	P	ADAPTIV AQUA	*	45'	12:15	3	ADAPTIV YOGA	**	60'		
10:30	1	ADAPTIV BOX	***	60'	12:45	1	ZUMBA		60'		
10:30	4	ADAPTIV YOGA	**	60'	14:30	2	BIKE VIRTUAL		45'		
10:45	F	CORE EXPRESS		15'	17:00	2	BIKE VIRTUAL		45'		
11:15	2	ADAPTIV BIKE	**	45'	18:00	1	ADAPTIV GO FIT CROSS	**	60'		
11:15	P	ADAPTIV AQUA	***	45'	19:00	2	ADAPTIV BIKE	***	60'		
11:30	3	LATINO		60'	20:30	2	BIKE VIRTUAL		45'		
11:30	4	ADAPTIV PILATES	*	60'							
12:15	1	ADAPTIV STRENGTH	***	60'							
12:30	3	TAI CHI		60'	DOMINGO (28/04)						
13:00	2	BIKE VIRTUAL		45'	09:30	2	BIKE VIRTUAL		45'		
					10:00	1	ADAPTIV PILATES	**	60'		
					11:00	1	ADAPTIV STRENGTH	***	60'		
					11:15	P	ADAPTIV AQUA	**	45'		
					12:00	2	ADAPTIV BIKE	**	45'		
17:00	3	ADAPTIV PILATES	*	60'	12:15	1	GAP		30'		
18:00	1	LATINO		60'	14:30	2	BIKE VIRTUAL		45'		
18:00	3	ADAPTIV GO FIT CROSS	**	60'	16:30	2	BIKE VIRTUAL		45'		
19:15	1	ADAPTIV STRENGTH	***	60'	18:30	2	BIKE VIRTUAL		45'		
19:15	2	ADAPTIV BIKE	**	45'							
19:30	P	ADAPTIV AQUA	**	45'							
20:15	1	ZUMBA		60'							
20:15	4	ADAPTIV YOGA	**	60'							
20:45	F	CORE EXPRESS		15'							
21:00	2	BIKE VIRTUAL		45'							
21:00	F	CIRCUITO FUNCIONAL		30'							