GO fit
VIVE MÁS Y MEJOR

GO fit Segalerva

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

POWER | MIXTA | CUERPO-MENTE | AGUA | MOVE | CICLO INDOOR

VIERNES (26/04)

07:30	F	CIRCUITO FUNCIONAL		30'
09:00	F	CIRCUITO FUNCIONAL		30'
09:15	3	ADAPTIV PILATES	**	60'
09:45	1	ADAPTIV STRENGTH	**	60'
09:45	P	ADAPTIV AQUA	**	45'
10:15	3	ADAPTIV YOGA	*	60'
10:15	5	FLAMENCO		60'
10:45	1	ZUMBA		60'
11:00	F	CORE EXPRESS		15'
11:30	3	ADAPTIV PILATES	*	60'
11:30	F	ADAPTIV GO FIT CROSS	***	60'
11:45	1	MINDFULLNESS		30'
12:00	P	ADAPTIV AQUA	**	45'
12:30	F	STRETCHING SF		15'
13:45	F	CIRCUITO FUNCIONAL		30'
17:00	1	DANZA ORIENTAL		60'
17:00	F	CIRCUITO FUNCIONAL		30'
17:30	3	ADAPTIV PILATES	**	60'
17:30	F	CORE EXPRESS		15'
18:00	1	ADAPTIV STRENGTH	**	60'
18:30	3	ADAPTIV YOGA	**	60'
18:30	P	ADAPTIV AQUA	**	45'
19:00	1	ADAPTIV BOX	***	60'
19:45	F	CORE EXPRESS		15'
20:45	F	CORE EXPRESS		15'

SÁBADO (27/04)

09:45	2	BIKE VIRTUAL		45'
09:45	P	ADAPTIV AQUA	**	45'
10:00	1	GAP		45'
10:30	F	ADAPTIV GO FIT CROSS	**	60'
10:45	1	ZUMBA		54'
10:45	3	ADAPTIV PILATES	**	60'
11:45	1	ADAPTIV STRENGTH	***	60'
11:45	3	ADAPTIV YOGA	**	60'
12:00	F	CORE EXPRESS		15'
12:45	2	ADAPTIV BIKE	**	45'
17:00	2	BIKE VIRTUAL		45'
19:00	2	BIKE VIRTUAL		45'

DOMINGO (28/04)

10:00	1	ADAPTIV BOX	**	45'
10:00	2	BIKE VIRTUAL		45'
10:00	P	ADAPTIV AQUA	**	45'
11:00	1	ADAPTIV STRENGTH	**	60'
12:00	2	ADAPTIV BIKE	***	60'
16:30	2	BIKE VIRTUAL		45'