	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	07:15 CYCLING SALA CICLO INDOOR	07:15 FUNCIONAL GYM EXTERIOR	07:15 CYCLING SALA CICLO INDOOR	07:15 FUNCIONAL GYM EXTERIOR	07:15 CYCLING SALA CICLO INDOOR		
		07:15 CYCLING SALA CICLO INDOOR		07:15 CYCLING SALA CICLO INDOOR	07:15 G.A.P. SALA 1		
9:00	09:30 CYCLING SALA CICLO INDOOR	09:30 CYCLING SALA CICLO INDOOR	09:30 GRIT SERIES SALA 1	09:30 CYCLING SALA CICLO INDOOR	09:30 BODYPUMP SALA 1		
	09:30 INTERVAL SALA 1	09:30 G.A.P. SALA 1		09:30 FULL BODY SALA 1			
10:00	10:00 CROSSPORT GYM EXTERIOR	10:30 BODYPUMP SALA 1	10:00 CROSSPORT GYM EXTERIOR	10:30 G.A.P. GYM EXTERIOR	10:00 CROSSPORT GYM EXTERIOR	10:30 BODYPUMP SALA 1	10:30 INTERVAL SALA 1
			10:00 LES MILLS CORE SALA 1				
			10:30 PILATES SALA 1		10:30 ESPALDA SANA SALA 1		
11:00						11:30 CYCLING SALA CICLO INDOOR	11:30 MOVILIDAD/ ESTIRAMIENTOS SALA 1
12:00						12:00 CROSSPORT GYM EXTERIOR	
	14:15 CROSSPORT GYM EXTERIOR	14:30 FUNCIONAL GYM EXTERIOR	14:15 CROSSPORT GYM EXTERIOR	14:30 G.A.P. SALA 1	14:15 CROSSPORT GYM EXTERIOR		
	14:30 BODYPUMP SALA 1		14:30 BODYPUMP SALA 1				
14:00	14:30 CYCLING SALA CICLO INDOOR	14:30 YOGA KUNDALINI SALA 1	14:30 CYCLING SALA CICLO INDOOR		14:30 CYCLING SALA CICLO INDOOR		
15:00	15:30 FUNCIONAL SALA 1	15:30 INTERVAL SALA 1	15:30 FUNCIONAL SALA 1	15:30 FULL BODY SALA 1	15:30 INTERVAL SALA 1		
	18:00 GRIT SERIES SALA 1	18:00 G.A.P. SALA 1	18:30 PILATES SALA 1	18:00 PILATES SALA 1	18:00 G.A.P. SALA 1		
	18:30 CYCLING SALA CICLO INDOOR						
18:00	18:30 LES MILLS CORE SALA 1	18:30 CYCLING SALA CICLO INDOOR	18:30 CYCLING SALA CICLO INDOOR	18:30 CYCLING SALA CICLO INDOOR			
	19:00 CROSSPORT GYM EXTERIOR	19:00 ESPALDA SANA SALA 1	19:00 CROSSPORT GYM EXTERIOR	19:00 BODYPUMP SALA 1	19:00 INTERVAL GYM EXTERIOR		
		19:30 CYCLING SALA CICLO INDOOR					
19:00			19:30 INTERVAL SALA 1	19:30 CYCLING SALA CICLO INDOOR			
20:00	20:00 YOGA SALA 1		20:00 YOGA SALA 2		20:00 BODYBALANCE SALA 1		

K7

Club de Campo

VALENCIA

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