GO fit madrid

HORARIO
de clases colectivas

lunes

sala1	sala2	sala3	sala4	piscina
STRENGTH	SPINN	YOGA	BAILE MODERNO	ACUA ABDOM
STEP	SPINN	PILATES	CORE	ACUA FUNNY
LATINO	SPINN	CORE	DANZA ORIENTAL	ACUA BALANCE
STRENGTH	SPINN	PILATES		
STRENGTH	SPINN	YOGA		
ENERGY		PILATES	YOGA	
STRENGTH		DANZA ORIENTAL	CARDIO BOX	
STEP	SPINN	YOGA	PILATES	ACUA ABDOM
STRENGTH	SPINN	PILATES	PILATES	ACUA FITNESS PLUS
STEP	SPINN	PILATES	BOXEO	
STRETCHING			BOXEO	

martes

sala1	sala2	sala3	sala4	piscina
STRENGTH		CORE BALANCE		
		PILATES		
STRENGTH	SPINN	YOGA		ACUA FITNESS PLUS
STEP			CORE	
CARDIO BOX		STRENGTH	PILATES	
STEP	SPINN	PILATES		ACUA FITNESS PLUS
BAILE MODERNO	SPINN			
	SPINN	PILATES		
AEROBIC		PILATES	CARDIO BOX	
STRENGTH	SPINN	YOGA	PILATES	ACUA RUNNING
LATINO	SPINN	PILATES	PILATES	ACUA FUNNY
STEP	SPINN	PILATES		
STRENGTH	SPINN	YOGA	CAPOEIRA	

miércoles

sala1	sala2	sala3	sala4	piscina
	SPINN			
ENERGY		YOGA	CORE	
			STRENGTH	ACUA ABDOM
LATINO	SPINN	PILATES	FLAMENCO	ACUA FUNNY
STRENGTH		PILATES	TAICHI	ACUA BALANCE
			DANZA ORIENTAL	
STRENGTH	SPINN	YOGA		
	SPINN	PILATES		
LATINO		TAICHI	YOGA	
CARDIO BOX	SPINN	BAILES DE SALÓN	DANZA ORIENTAL	
AEROBIC		PILATES	PILATES	ACUA FUNNY
STRENGTH	SPINN	YOGA	CORE	ACUA FITNESS
CARDIO BOX	SPINN	PILATES	BOXEO	
			BOXEO	

jueves

sala1	sala2	sala3	sala4	piscina
STRENGTH				
		CORE		
		PILATES	ENERGY	
STRENGTH	SPINN	YOGA	AEROBIC	ACUA FITNESS PLUS
CARDIO BOX		PILATES	STRENGTH	
AEROBIC	SPINN	PILATES		ACUA FITNESS PLUS
LATINO		CORE		
	SPINN	PILATES		
STEP		FIT BALL		
STRENGTH	SPINN	PILATES	DANZA ORIENTAL	
CARDIO BOX	SPINN	PILATES	BAILE MODERNO	ACUA FUNNY PLUS
AEROBIC	SPINN	YOGA	CAPOEIRA	ACUA ABDOM
STRETCHING				

viernes

sala1	sala2	sala3	sala4	piscina
	SPINN			
STRENGTH		PILATES		
STEP	SPINN	YOGA		ACUA RUNNING
LATINO		STRENGTH	TAICHI	ACUA FITNESS EXPRESS
		PILATES		
STRENGTH				
	SPINN			
			TAICHI	
AEROBIC		PILATES		
CARDIO BOX	SPINN	YOGA		
STRENGTH	SPINN	PILATES	STRENGTH	ACUA FITNESS
				ACUA BALANCE

sábado

sala1	sala2	sala3	sala4	piscina
STRENGTH				
		PILATES		
LATINO	SPINN			
		PILATES		
STRENGTH	SPINN			
		PILATES		
CARDIO BOX	SPINN			ACUA FITNESS PLUS
		PILATES		
STRIPT DANCE	SPINN			

domingo

sala1	sala2	sala3	sala4
	SPINN	YOGA	
STRENGTH	SPINN	CORE	
STRENGTH	SPINN	PILATES	PILATES
STRENGTH			

basic · active · sport · extreme

Abierto de 7 a 23:30h de Lunes a Viernes - Sábados de 9 a 22:00h - Domingos de 9 a 15:00h
C/ Monasterio de El Paular, 2 - 28049 - Madrid
info@go-fit.es - www.go-fit.es

Las clases de Taekwondo adultos gratis
LUNES, de 20:00h a 21:00 h
MIERCOLES, de 20:00h a 21:00 h