

desde el 1 de enero de 2024

MeUFIT

2024 ACTIVIDADES DIRIGIDAS

09:00 YOGA HATHA

09:30 BIKE

09:30 BOOTCAMP

10:00 PILATES *NEW!*

10:45 MANTENIMIENTO

11:30 PILATES

12:15 MOBILITY

17:00 PILATES

17:45 ZENYO

18:30 POWER

18:30 PILATES *NEW!*

18:30 BOOTCAMP

19:15 GLUTEBOOM *NEW!*

19:15 HIPOPRESIVOS

19:30 BIKE

20:00 CROSSTRAINING

20:00 ZUMBA

20:45 MOBILITY *NEW!*

20:45 BOOTCAMP

21:15 PILATES

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09:15 PILATES
09:15 CROSSTRaining
10:00 ZENYO
10:45 GLUTEBOOM
11:30 HIPOPRESIVOS
12:00 CORE

17:15 PILATES
18:00 YOGA HATHA
18:00 CROSSTRaining
19:00 PILATES
19:00 ZUMBA
19:45 STEP 2.0
20:00 MOBILITY
20:00 BOOTCAMP
20:30 GLUTEBOOM
20:30 BIKE
21:15 ZENYO

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09:00 YOGA HATHA

09:30 BOOTCAMP

10:00 ZUMBA

10:15 BIKE

10:45 POWER

11:30 PILATES

12:15 MOBILITY

17:00 PILATES

17:45 YOGA INTEGRAL

18:30 BOOTCAMP

18:45 PILATES

19:00 BIKE

19:15 GLUTEBOOM

20:00 CROSSTRaining

20:00 STEP

20:45 PILATES

20:45 BODYJUMP

21:30 BOOTCAMP

21:30 YOGA INTEGRAL

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- 09:15** PILATES
 - 09:15** CROSSTRaining
 - 10:00** ZENYO
 - 10:45** BODYJUMP
 - 11:30** HIPOPRESIVOS
 - 12:00** BOOTCAMP
 - 12:00** PILATES
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- 17:00** PILATES *NEW!*
- 18:00** YOGA HATHA
- 18:00** CROSSTRaining
- 19:00** INVICTO
- 19:45** POWER
- 20:30** BIKE
- 20:30** ZUMBA
- 21:15** PILATES

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09:45 BOOTCAMP

10:15 ZENYO

11:00 POWER

12:00 MOBILITY

17:00 PILATES

17:45 GLUTEBOOM

18:30 PILATES *NEW!*

18:30 POWER

19:15 ZENYO

19:15 CROSSTRaining *NEW!*

20:00 BOOTCAMP

21:00 YOGA INTEGRAL

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10:00 ZENYO

10:45 POWER

11:45 BIKE

PILATES, YOGA, HIPOPRESIVOS Y ZENYO SOLO INCLUIDAS EN MEUFIT +

**BIKE VIRTUAL TODOS LOS DÍAS
A PARTIR DE LAS 06:00H
(EXCEPTO EN HORARIO DE BIKE CON TÉCNICO)**

SÁBADO