ESPORT A PATERNA

VIGOR 01.09.2026 A 30.09.2026

Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30	GLOBAL TRAINING	PUMP	GLOBAL TRAINING	PUMP	ZUMBA		
10:30	FLEX & CORE	BALANCE	PILATES	BALANCE	GAP		
15:30	ZUMBA	BALANCE	PUMP	PUMP	ZUMBA		
16:30	GAP	PUMP	ZUMBA	BALANCE	FLEX & CORE		
17:30	PUMP	ESPALDA SANA EXPRESS 30'	COMBAT	ESPALDA SANA EXPRESS 30'	PUMP		
18:00		ZUMBA		GAP			
18:30	YINYOGA		PILATES		BALANCE		
19:00		PUMP		PUMP			
20:00	CROSSFIT	FLEX & CORE EXPRESS 30'	CROSSFIT				

+QBike

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	BIKE						
09:15	VIRTUAL BIKE	BIKE	BIKE	BIKE	BIKE	VIRTUAL BIKE	
11:30	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
13:30	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE		
15:30	BIKE	VIRTUAL BIKE	BIKE	VIRTUAL BIKE	BIKE		
17:30	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE		
18:00					VIRTUAL BIKE		
18:45	BIKE		BIKE				
19:30		BIKE		BIKE			
20:00	VIRTUAL BIKE		VIRTUAL BIKE		VIRTUAL BIKE		

Exterior

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30	CROSSFIT		CROSSFIT		CROSSFIT		
19:30					CROSSFIT		