ESPORT A PATERNA

VIGOR 01.10.2026 A 31.10.2026

Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:00	CORE EXPRESS 30'		CORE EXPRESS 30'				
09:30	GLOBAL TRAINING	PUMP	PILATES	BALANCE	ZUMBA		
10:30	FLEX & CORE	BALANCE	GLOBAL TRAINING	PUMP	GAP		
14:30	PUMP	FIGHT	BALANCE	FIGHT			
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	FIGHT	FLEX & CORE EXPRESS 30'	FIGHT	COMBAT EXPRESS 30'	FIGHT		
20:30				BAILES EN LÍNEA			

+QBike

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:05	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE		
09:15	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		BIKE		BIKE		
16:15		BIKE		BIKE			
17:30	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	BIKE		
18:45	BIKE		BIKE				
19:30		BIKE		BIKE			
20:00	VIRTUAL BIKE		VIRTUAL BIKE		BIKE		

Exterior

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30	HYROX		HYROX				
09:30	CROSSFIT		CROSSFIT		CROSSFIT		
14:30	HYROX		HYROX				
19:30					HYROX		
20:00	CROSSFIT	HYROX	CROSSFIT	HYROX			