

LAS ROSAS MAYO 2019

SALA 1

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	HORA	SÁBADO	DOMINGO
8:30-9:00		TONO 30'	BALANCE 45'	ABD 30'				
09:00-09:15	BODYBALANCE	PILATES						
09:30-10:00								
10:00-10:30						10:30-11:00	BODYCOMBAT *	
10:30-11:00	CX WORK	ABD 30'	CX WORK	PILATES	BODYBALANCE	11:00-11:30		BODYCOMBAT *
11:00-11:30	BODYPUMP	BODYCOMBAT	BODYATTACK	BODYCOMBAT	BODYPUMP	11:30-12:00	BODYPUMP *	BODYATTACK
11:30-12:00						12:00-12:30		
12:00-12:30	ZUMBA	SH'BAM	PILATES	ZUMBA	ZUMBA	12:30-13:00		
12:30-13:00								
14:00-14:30					ABD 30'			
14:30-15:00	BODYPUMP 30'	ABD 30'	BODYPUMP	B.BALANCE	B.COMBAT 30'			
15:00-15:30	CX WORK	BODYCOMBAT	ABD XPRESS 15'	ABD XPRESS 15'	CROSS 30'			
15:30-16:00								
17:00-17:30	BOLLYWOOD		BOLLYWOOD			10:30-11:00		DINÁMICA TRX
17:30-18:00		CX WORK		CX WORK				
18:00-18:30	BODYPUMP *	CROSS TRAINING	BODYATTACK	BODYCOMBAT *	BODYBALANCE	21:00-21:30		DINÁMICA TRX
18:30-19:00	BODYATTACK 30'	BODYCOMBAT *	BODYPUMP *	BODYATTACK	CROSSTRAINING			
19:00-19:30	PILATES *		BODYCOMBAT *	BODYPUMP *	STRETCHING 30'			
19:30-20:00		ZUMBA *						
20:00-20:30								
20:30-21:00	BODYCOMBAT *	BODYPUMP						
21:00-21:30								
21:30-22:00								
22:00-22:30								

TRX TRAINING *	
MIÉRCOLES	JUEVES
	DINÁMICA TRX
	DINÁMICA TRX

* ACTIVIDAD EN FORMATO DINAMIZADO

SALA 2

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	HORA	SÁBADO	DOMINGO
9:15-9:30	YOGA		YOGA					
9:30-10:15								
10:30-11:00								
11:00-11:30			DANZA ORIENTAL		DANZA ORIENTAL			
11:30-12:00						11:30-12:00	BODYBALANCE	
12:00-12:30	BODY ATTACK					12:00-12:30		
12:30-13:00								
18:00-18:30	ZUMBA *	PILATES *	SH'BAM	PILATES	STEP			
18:30-19:00								
19:00-19:30	SH'BAM	BODYBALANCE	PILATES *	BODYBALANCE				
19:30-20:00								
20:00-20:15		STEP		ZUMBA *				
20:15-21:00	YOGA		YOGA					
21:00-21:15								
21:30-22:00								

BIKE

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	HORA	SÁBADO	DOMINGO
07:30-08:15	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL			
08:30-09:15	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL			
09:15-10:00				BIKE	BIKE			
09:30-10:15		BIKE						
09:45-10:30	BIKE		BIKE 30'					
11:00-11:45	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	11:00-11:45	BIKE VIRTUAL	BIKE VIRTUAL
12:00-12:45	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE	BIKE VIRTUAL	12:00-12:45	BIKE VIRTUAL	BIKE VIRTUAL
13:30-14:15	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	13:00-13:45	BIKE *	BIKE *
14:30-15:15	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE	BIKE VIRTUAL	14:30-15:15	BIKE VIRTUAL	
15:30-16:15	BIKE		BIKE		BIKE 30'	15:30-16:15	BIKE VIRTUAL	
16:30-17:15	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL			
17:30-18:15	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	17:00-17:45	BIKE VIRTUAL	
18:30-19:15	BIKE *	BIKE *	BIKE *	BIKE VIRTUAL		18:00-18:45	BIKE VIRTUAL	
19:00-19:45					BIKE *			
19:30-20:15	BIKE *	BIKE *	BIKE *	BIKE *				
20:30-21:15	BIKE *	BIKE *	BIKE *	BIKE *	BIKE VIRTUAL			
21:30-22:15	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL			

SALA TATAMI

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	HORA	SÁBADO	DOMINGO
11:00-11:30								
11:30-12:00		KICK BOXING		KICK BOXING				
18:00-18:30	PILATES PERSONAL *		PILATES PERSONAL *					
18:30-19:00								
20:00-20:30		KICK BOXING		KICK BOXING				
20:30-21:00	PILATES PERSONAL *		PILATES PERSONAL *					
21:00-21:30								

* ACTIVIDAD SUJETA A CONDICIONES ESPECIALES

HORARIO ORIENTATIVO.

Está sujeto a cambios según la dirección estime oportuno

Se requiere el uso "OBLIGATORIO" de toalla para acceder a las clases.

No se permite el acceso a la actividad transcurridos 10 minutos desde el comienzo de la misma.

Las clases con asterisco (*) se registrarán bajo lista de fichas desde 30' antes

REVOLUTIONISCOMING Las Rosas - C/ Aquitana,9 - Tfn.- 912603095

De LUNES a VIERNES: 7:00 A 23:00 - SÁBADOS: 10:00 A 20:00, DOMINGOS Y FESTIVOS: 10:00 A 15:00