



MYST GYM CLUB

HORARIO DE ACTIVIDADES

HORARIO OFICIAL
AGOSTO

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00		GCROSS 07:15 - 08:00 SALA Fitness					
9:00	GHIIT 9:30 - 10:15 SALA 1	GBIKE 9:30 - 10:15 SALA 2	GCORE + GHIIT 09:30 - 10:15 SALA Fitness	GBIKE 9:30 - 10:15 SALA 2	GCROSS 09:30 - 10:15 SALA Fitness	GBIKE 9:30 - 10:15 SALA 2	
10:00	GBIKE (virtual) 10:30 - 11:15 SALA 2	GHIIT 10:30 - 11:15 SALA Fitness	PILATES 10:30 - 11:15 SALA 1	GFUNCIONAL 10:30 - 11:15 SALA Fitness	GBIKE 10:30 - 11:15 SALA 2		
11:00		GCORE 11:30 - 12:00 SALA Fitness	GBIKE (virtual) 11:30 - 12:15 SALA 2	GCORE 11:30 - 12:00 SALA Fitness		GBIKE (virtual) 11:30 - 12:15 SALA 2	
14:00	GCORE + GHIIT 14:30 - 15:15 SALA Fitness	GBODY 14:30 - 15:15 SALA 1	GFUNCIONAL 14:30 - 15:15 SALA Fitness	GCROSS 14:30 - 15:15 SALA Fitness			
15:00				GBIKE (virtual) 14:30 - 15:15 SALA 2			
17:00							
18:00				PILATES 18:15 - 19:00 SALA 1	GCROSS 18:00 - 18:45 SALA Fitness		
19:00	GBIKE 19:00 - 19:45 SALA 2	GBIKE (virtual) 19:00 - 19:45 SALA 2	GBIKE 19:00 - 19:45 SALA 2	GFUNCIONAL 19:15 - 20:00 SALA Fitness	GBIKE (virtual) 19:00 - 19:45 SALA 2		
		PILATES 19:15 - 20:00 SALA 1					
20:00	GFUNCIONAL 20:00 - 20:45 SALA Fitness	GAP 20:15 - 21:00 SALA 1	GCORE + GHIIT 20:00 - 20:45 SALA Fitness		GHIIT 20:00 - 20:45 SALA Fitness		
				GBODY 20:30 - 21:15 SALA 1			
21:00	GBIKE (virtual) 21:00 - 21:45 SALA 2	GBIKE (virtual) 21:00 - 21:45 SALA 2	GBIKE (virtual) 21:00 - 21:45 SALA 2				