



RADSPORT LA QUINTA ANTEQUERA

*LA DIRECCIÓN SE RESERVA EL DERECHO DE CAMBIO DE HORARIO SIN PREVIO AVISO, POR CUESTIONES TÉCNICAS, ORGANIZATIVAS Y EN PERÍODO FESTIVO O VACACIONAL.

| LUNES | | | MARTES | | | MIÉRCOLES | | | JUEVES | | | VIERNES | | | SÁBADO | DOMINGO | HORA |
|-------------|------------------|--------------|----------------|------------------|--------------|---------------|------------------|--------------|----------------|------------------|--------------|---------------|------------------|------------------|----------------|---------------|-------------|
| HORA | JUST FIT | COLECTIVA | BOX | JUST FIT | COLECTIVA | BOX | JUST FIT | COLECTIVA | BOX | JUST FIT | COLECTIVA | BOX | JUST FIT | COLECTIVA | BOX | BOX | HORA |
| 07:00-08:00 | | | | | | | | | | | | | | | | | 07:00-08:00 |
| 08:00-09:00 | | | | | | | | | | | | | | | | | 08:00-09:00 |
| 09:00-09:15 | | | | | | | | | | | | | | | | | 09:00-09:15 |
| 09:15-09:30 | | | | | | | | | | | | | | | | | 09:15-09:30 |
| 09:30-09:45 | | YOGA | CICLO | | XPUMP +CORE | | | G.A.P. | CICLO | | XPUMP +CORE | | | PILATES | CROSS TRAINING | CICLO VIRTUAL | 09:30-09:45 |
| 09:45-10:00 | | | | JUST FIT EXPRESS | | | | | | JUST FIT EXPRESS | | | | | | | 09:45-10:00 |
| 10:00-10:15 | | | | | | | | | | | | | | | | | 10:00-10:15 |
| 10:15-10:30 | | | | | | | | | | | | | | | | | 10:15-10:30 |
| 10:30-10:45 | | | CROSS TRAINING | | PILATES | TRX | | | CROSS TRAINING | | | CICLO | JUST FIT EXPRESS | | CICLO | CICLO VIRTUAL | 10:30-10:45 |
| 10:45-11:00 | | | | | | | | | | | | | | | | | 10:45-11:00 |
| 11:00-11:15 | | | | | | | JUST FIT EXPRESS | | | | | | | | | | 11:00-11:15 |
| 11:15-11:30 | | | | | | | | | | | | | | | | | 11:15-11:30 |
| 11:30-11:45 | JUST FIT EXPRESS | | CICLO VIRTUAL | | | CICLO VIRTUAL | | | CICLO VIRTUAL | | | CICLO VIRTUAL | | | CICLO VIRTUAL | CICLO VIRTUAL | 11:30-11:45 |
| 11:45-12:00 | | | | | | | | | | | | | | | | | 11:45-12:00 |
| 12:00-12:15 | | | | | | | | | | | | | | | | | 12:00-12:15 |
| 12:15-12:30 | | | | | | | | | | | | | | | | | 12:15-12:30 |
| 12:30-12:45 | | | | | | | | | | | | | | | | | 12:30-12:45 |
| 12:45-13:00 | | | | | | | | | | | | | | | | | 12:45-13:00 |
| 13:00-13:15 | | | | | | | | | | | | | | | | | 13:00-13:15 |
| 13:15-13:30 | | | | | | | | | | | | | | | | | 13:15-13:30 |
| 13:30-13:45 | | | | | | | | | | | | | | | | | 13:30-13:45 |
| 13:45-14:00 | | CERRADO | | | CERRADO | | | CERRADO | | | CERRADO | | | CERRADO | | | 13:45-14:00 |
| 14:00-15:00 | | | | | | | | | | | | | | | | | 14:00-15:00 |
| 15:00-16:00 | | | | | | | | | | | | | | | | CERRADO | 15:00-16:00 |
| 16:00-17:00 | | | | | | | | | | | | | | | | | 16:00-17:00 |
| 17:00-17:15 | | | | | | | | | | | | | | | | | 17:00-17:15 |
| 17:15-17:30 | | | CICLO VIRTUAL | | | CICLO VIRTUAL | | | | | | CICLO VIRTUAL | | | CICLO VIRTUAL | | 17:15-17:30 |
| 17:30-17:45 | | | | | | | | | | | | | | | | | 17:30-17:45 |
| 17:45-18:00 | | | | | | | | | | | | | | | | | 17:45-18:00 |
| 18:00-18:15 | | | | | | | | | | | | | | | | | 18:00-18:15 |
| 18:15-18:30 | | AEROBOX | | | | | | | | | | | | | | | 18:15-18:30 |
| 18:30-18:45 | | | | JUST FIT EXPRESS | | | | | | | | | | | | | 18:30-18:45 |
| 18:45-19:00 | | | | | | | | YOGA | | | | | | | | | 18:45-19:00 |
| 19:00-19:15 | JUST FIT EXPRESS | | CICLO | | G.A.P. | | | | | JUST FIT EXPRESS | | PILATES | | | G.A.P. | | 19:00-19:15 |
| 19:15-19:30 | | G.A.P. | | | | | | | | | | | | | | | 19:15-19:30 |
| 19:30-19:45 | | | | | | | | RITMIX | CICLO | | | | | | | | 19:30-19:45 |
| 19:45-20:00 | | | | | | | | | | | | | | | | | 19:45-20:00 |
| 20:00-20:15 | | | | | | | | | | | | | | | | | 20:00-20:15 |
| 20:15-20:30 | | XPUMP | | | PILATES | CICLO | JUST FIT EXPRESS | | | | | RITMIX | | | YOGA | CICLO | 20:15-20:30 |
| 20:30-20:45 | | | CROSS TRAINING | | | | | | | | | | TRX | | | | 20:30-20:45 |
| 20:45-21:00 | | | | | | | | XPUMP | CROSS TRAINING | | | | | | | | 20:45-21:00 |
| 21:00-21:15 | JUST FIT EXPRESS | | | JUST FIT EXPRESS | | TRX | JUST FIT EXPRESS | | | | | AEROBOX | CICLO | JUST FIT EXPRESS | | | 21:00-21:15 |
| 21:15-21:30 | | | | | | | | | | | | | | | | CERRADO | 21:15-21:30 |
| 21:30-21:45 | | | | | | | | | | | | | | | | | 21:30-21:45 |
| 21:45-22:00 | | | | | | | | | | | | | | | | | 21:45-22:00 |
| 22:00-22:15 | | | | | | | | | | | | | | | | | 22:00-22:15 |
| 22:15-22:30 | | | | | | | | | | | | | | | | | 22:15-22:30 |
| 22:30-23:00 | | SALA CERRADA | | | SALA CERRADA | | | SALA CERRADA | | | SALA CERRADA | | | SALA CERRADA | | | 22:30-23:00 |

HORARIO DE LUNES A VIERNES: 7H A 13H Y DE 17H A 23H. SÁBADOS: 9H A 14H Y DE 17H A 20H. DOMINGOS: 9H A 14H