ONE FITNESS

HORARIO DESDE SEPTIEMBRE 2025

DESDE 21,90 €/ mes

Un lugar para sentirse bien

ABIERTO LOS 365 DIAS DEL AÑO 7/7

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
LesMills BODY-PUMP 08:50 VIRTUAL 45'	CYCLING 45' 09:00	LesMills CORE 08:50 VIRTUAL 30'	HIIT 45' 09:00	LesMills BODY-PUMP 07:55 VIRTUAL 45'	HIPO-PILATES 60' 09:00	LesMills BODY-PUMP 08:55 VIRTUAL 45'	GAP 45' 09:00	BEST CYCLING 07:55 VIRTUAL 45'	CYCLING 45' 09:00	
		LesMills BODY-PUMP 09:30 VIRTUAL 45'	BEST CYCLING 09:50 VIRTUAL 45'	BEST CYCLING 08:50 VIRTUAL 45'		BEST CYCLING 09:00 VIRTUAL 45'		LesMills CORE 08:50 VIRTUAL 30'		LesMills CORE 09:00 VIRTUAL 45'
LesMills CORE 09:50 VIRTUAL 30'	TOTAL BODY 45' 10:00	LesMills BODY-PUMP 11:00 VIRTUAL 45'	LesMills CORE 45' 10:00	LesMills BODY-PUMP 09:45 VIRTUAL 45'		LesMills CORE 09:45 VIRTUAL 30'	STRETCHING 45' 10:00	LesMills BODY-PUMP 09:45 VIRTUAL 45'	FUNCIONAL 45' 10:00	MASTERCLASS 60' 10:00
LesMills BODY-PUMP 11:00 VIRTUAL 45'	CYCLING 45' 13:30	LesMills CORE 12:30 VIRTUAL 30'	GAP 45' 13:30		LesMills BODY-PUMP 45' 13:30	BEST CYCLING 10:00 VIRTUAL 45'	FUNCIONAL 45' 13:30		PILATES 45' 13:30	BEST CYCLING 10:00 VIRTUAL 45'
LesMills CORE 13:30 VIRTUAL 30'	CROSS-TRAINNING 17:30 45' PILATES	LesMills BODY-PUMP 13:30 VIRTUAL 45'		LesMills CORE 13:30 VIRTUAL 30'	CROSS-TRAINNING 17:30	LesMills BODY-PUMP 13:30 VIRTUAL 45'	CROSS-TRAINNING 17:30 45'	BEST CYCLING 13:30 VIRTUAL 45'		LesMills BODY-PUMP 11:00 VIRTUAL 45'
LesMills BODY-PUMP 15:30 VIRTUAL 45'	LesMills BODY-PUMP 45' 18:30	BEST CYCLING 15:15 VIRTUAL 45'	LesMills CORE 45' 17:30	LesMills CORE 15:15 VIRTUAL 30'	STEP 45' 17:30	BEST CYCLING 15:15 VIRTUAL 45'	STRETCHING 45' 17:30	BEST CYCLING 15:15 VIRTUAL 45'	CYCLING 45' 17:30	
LesMills CORE 17:00 VIRTUAL 30'	CYCLING 45' 18:30	LesMills BODY-PUMP 17:00 VIRTUAL 30'	PILATES 45' 18:30	LesMills BODY-PUMP 17:00 VIRTUAL 45'	GAP 45' 18:30		LesMills BODY COMBAT 45' 18:30	LesMills BODY-PUMP 17:00 VIRTUAL 45'	LesMills BODY-PUMP 45' 18:30	
LesMills BODY-PUMP 17:40 VIRTUAL 45'	LesMills BODY COMBAT 45' 19:30	LesMills BODY-PUMP 17:40 VIRTUAL 45'	FUNCIONAL 45' 19:30	LesMills CORE 17:40 VIRTUAL 30'	CYCLING 45' 18:30	LesMills BODY-PUMP 17:00 VIRTUAL 45'	CYCLING 18:30	LesMills CORE 18:00 VIRTUAL 30'		
LesMills BODY-PUMP 18:30 VIRTUAL 45'	CYCLING 45' 19:30	BEST CYCLING 18:15 VIRTUAL 45'	CYCLING 45' 19:30	LesMills BODY-PUMP 18:20 VIRTUAL 45'	STRETCHING 45' 19:30	LesMills CORE 18:00 VIRTUAL 30'	LesMills 60' BODY-PUMP – – – + – – – LesMills CORE 19:30			
LesMills BODY-PUMP 19:20 VIRTUAL 45'	PILATES 45' 20:15	LesMills CORE 19:00 VIRTUAL 30'		LesMills CORE 19:10 VIRTUAL 30'	CYCLING 45' 19:30	LesMills BODY-PUMP 19:15 VIRTUAL 45'				

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