

NORTE REAL SPORT CLUB 2021-2022

LUNES		SALA	MARTES		SALA	MIÉRCOLES		SALA	JUEVES		SALA	VIERNES		SALA	SABADO		SALA	
7:15	Ciclo	Ciclo	7:15	Pump	Cristal	7:15	Ciclo	Ciclo	7:15	Pump	Cristal							
9:30	Pilates AV	Zen	9:30	Total Training	Cristal	9:30	Pilates IN	Zen	9:00	Yoga Soft	Zen	9:30	Pilates AV	Zen	10:00	Pump	Cristal	
9:30	Pump	Cristal	9:30	Yoga	Zen	9:30	Pump	Cristal	9:30	Total Training	Cristal	9:30	Latino	Cristal	11:00	Method Grit	Cristal	
						9:30	TRX	Funcional	9:30	Boxeo	Ring				11:30	Core 30'	Cristal	
10:15	Method Grit	Cristal	10:30	Gimnasia Suave	Zen	10:15	Hipopresivos	Zen	9:45	Yoga	Zen	10:30	Siluet	Cristal	12:15	Ciclo	Ciclo	
10:15	Hipopresivos	Zen	10:30	GAP	Cristal	10:15	Method Grit	Cristal	10:30	Gim. Suave	Zen	10:30	Espalda Sana	Zen				
10:15	Siluet	Cristal	10:30	Ciclo	Ciclo	10:15	Combat	Cristal	10:30	GAP	Cristal	10:30	Aquagym	Piscina				
11:00	Pilates IN	Zen				11:00	Pilates AV	Zen	10:30	Ciclo	Ciclo	11:30	Norteños Cross	Outdoor				
11:00	Norteños Cross	Outdoor	11:30	TRX	Funcional	11:00	Norteños Cross	Outdoor	11:15	Fitness Ball	Zen	11:30	Pilates IN	Zen				
11:00	Mix Dance	Cristal	11:30	AquaPilates	Piscina	11:00	Aquagym	Piscina	11:30	AquaPilates	Piscina	12:00	Stretching	Outdoor				
11:00	Aquagym	Piscina				11:00	Zumdance	Cristal										
11:45	Stretching	Outdoor				12:00	Aquagym	Piscina										
12:00	Aquagym	Piscina				12:00	CORE	Funcional										
14:15	Norteños Cross	Outdoor	14:15	Yoga	Zen	14:15	Ciclo	Ciclo	14:15	Pilates AV	Zen							
17:30	Dance Kids	Zen	17:30	Siluet	Cristal	17:30	Combat Kids	Zen	17:30	TRX	Funcional	17:30	Siluet	Cristal				
17:30	GAP	Cristal	17:30	TRX CORE	Funcional	17:30	GAP	Cristal	18:00	CORE	Funcional	18:15	Pump	Cristal				
18:15	Combat Kids	Zen	18:15	Combat	Cristal	18:15	Dance Kids	Zen	18:15	Combat	Cristal	18:15	Espalda Sana	Zen				
18:15	Attack + X-CORE	Cristal	18:15	Fitness Ball	Zen	18:15	Zumdance	Cristal	18:15	Fitness Ball	Zen	19:15	Pilates IN	Zen				
18:15	TRX	Funcional	19:00	Pump	Cristal	19:00	Pilates AV	Zen	19:00	Balance	Cristal	19:15	Boxeo	Ring				
19:00	Pilates IN	Zen	19:00	Yoga	Zen	19:00	Pump	Cristal	19:00	Attack	Cristal	19:30	Aquagym	Piscina				
19:00	Zumdance	Cristal	19:00	Boxeo	Ring	19:00	Ciclo	Ciclo	19:00	Ciclo	Ciclo	20:15	Pump	Cristal				
19:00	Ciclo	Ciclo				19:30	Aquagym	Piscina				20:15	Ciclo	Ciclo				
19:30	Aquagym	Piscina	20:00	CORE	Funcional	19:45	Hipopresivos	Zen	20:00	Latino	Cristal							
19:45	Hipopresivos	Zen	20:00	Ciclo	Ciclo	20:00	TRX CORE	Funcional	20:00	Yoga	Zen							
20:00	Norteños Cross	Outdoor	20:00	Dance World	Cristal	20:30	Attack + X-CORE	Cristal	20:00	Boxeo	Ring							
20:15	Pilates AV	Zen				20:15	Pilates IN	Zen										
20:15	Latino Parejas	Cristal				20:15	Norteños Cross	Outdoor										
20:15	Ciclo	Ciclo																

TÉCNICOS

- CARMEN
- BETTO
- ESTHER
- REBECA
- JAVI
- TRISTAN
- HENRY
- ALFREDO
- VANESA
- PAULA
- DAVID
- YURI
- JUAN
- MIGUEL
- DIEGO



LUNES A VIERNES 7:00 - 23:00
SÁBADO - DOMINGO - FESTIVOS 9:00 - 15:00



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