

ACTIVIDADES DIRIGIDAS XPERIENCE ARENA

| LUNES | | | | MARTES | | | | MIÉRCOLES | | | | JUEVES | | | | VIERNES | | | | SABADO | | | | | | | |
|-------|------|------------------|---------|--------|------|------------------|---------|-----------|------|------------------|---------|--------|------|------------------|---------|---------|------|-------------|-----------|--------|------|-----------|-----------|--|--|--|--|
| HORA | SALA | ACTIVIDAD | MONITOR | HORA | SALA | ACTIVIDAD | MONITOR | HORA | SALA | ACTIVIDAD | MONITOR | HORA | SALA | ACTIVIDAD | MONITOR | HORA | SALA | ACTIVIDAD | MONITOR | HORA | SALA | ACTIVIDAD | MONITOR | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 | 3 | 30' BODY MIND | CAROL | 9:30 | 3 | XPUMP | TED | 9:30 | 2 | PILATES | JAIME | 9:30 | 3 | XPUMP | JAIME | 9:30 | 3 | XPUMP | ANA | | | | | | | | |
| 10:00 | 2 | 30' GAP | ANA | | | | | | | | | | | | | 10:00 | BIKE | BIKE | XPERIENCE | | | | | | | | |
| 10:30 | 3 | ZUMBA | CAROL | 10:30 | BIKE | BIKE | CARLOS | 10:30 | 2 | 30' GAP | ANA | 10:30 | BIKE | BIKE | CARLOS | 10:30 | 4 | GROSS ARENA | ANA | | | | | | | | |
| | | | | 11:00 | 2 | YOGA | MARIA | 11:00 | 2 | 30' ABD | ANA | 11:00 | 2 | YOGA | MARIA | | | | | 11:00 | 3 | XPUMP | XPERIENCE | | | | |
| | | | | | | | | | | | | 11:30 | 4 | BO'BOX XPERIENCE | JAIME | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | 17:30 | 4 | BO'TRX XPERIENCE | ANA | | | | | 17:30 | 4 | BO'TRX XPERIENCE | ANA | | | | | | | | | | | | |
| 18:00 | 3 | PILATES | CAROL | 18:00 | 2 | YOGA | MARIA | 18:00 | 3 | PILATES | CAROL | 18:00 | 2 | YOGA | MARIA | 18:00 | BIKE | 30' BIKE | CAROL | | | | | | | | |
| | | | | 18:00 | 4 | 30' FUNCIONAL | CARLOS | 18:00 | 4 | BO'BOX XPERIENCE | TED | | | | | | | | | | | | | | | | |
| 18:30 | 4 | 30' FUNCIONAL | JAIME | 18:30 | 3 | 30' ABD | TED | 18:30 | 4 | 30' FUNCIONAL | TED | 18:30 | 3 | 30' ABD | JAIME | 18:30 | 3 | XPUMP | JAIME | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | 3 | | ZUMBA | CAROL | | | | | 3 | | ZUMBA | CAROL | | | | | | | | | | | | |
| 19:00 | BIKE | BIKE | PABLO | 19:00 | BIKE | BIKE | CARLOS | 19:00 | BIKE | BIKE | PABLO | 19:00 | BIKE | BIKE | PABLO | | | | | | | | | | | | |
| | | | | 4 | | BO'BOX XPERIENCE | JAIME | | | | | | | | | 19:30 | 2 | 30' ABD | JAIME | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | 3 | | XPUMP | CAROL | | | | | 3 | | XPUMP | ANA | | | | | | | | | | | | |
| 20:00 | 3 | XPUMP | JAIME | 20:00 | 3 | ZUMBA | CAROL | 20:00 | 3 | XPUMP | ANA | 20:00 | 3 | ZUMBA | CAROL | | | | | | | | | | | | |
| | | | | 4 | | 30' GROSS ARENA | TED | 20:00 | 4 | 30' GROSS ARENA | TED | 20:00 | 4 | GROSS ARENA | ANA | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | 20:15 | BIKE | BIKE | PABLO | | | | | | | | | | | | | | | | |
| 20:30 | 4 | BO'BOX XPERIENCE | TED | 20:30 | 2 | 30' GAP | JAIME | 20:30 | 4 | BO'BOX XPERIENCE | TED | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | BIKE | | 30' BIKE | PABLO | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | 21:00 | 3 | 30' BODY MIND | CAROL | | | | | 21:00 | 3 | 30' BODY MIND | CAROL | | | | | | | | | | | | |



TODAS LAS ACTIVIDADES SON RESERVABLES A TRAVES DE NUESTRA APP: XPERIENCE SPORT

***La ordenación, composición y monitores de las actividades señaladas anteriormente son orientativas y podrían alterarse por motivos de organización del servicio, así como verse afectada su celebración por causas de fuerza mayor no imputables al centro deportivo XPERIENCE SPORT CLUB.