



# UP Motril Horario de Actividades

Mañana - Octubre 2018

Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo y festivos
7:00	<b>UP CYCLING</b> Sala Ciclo Indoor   7:30-8:30		<b>UP CYCLING</b> Sala Ciclo Indoor   7:30-8:30		<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   7:30-8:30		
		<b>TRX</b> Sala Fitness   8:00-8:30		<b>TRX</b> Sala Fitness   8:00-8:30	<b>HIIT</b> Sala Fitness   8:30-9:00		
8:00		<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   8:15-9:15		<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   8:15-9:15			
		<b>CORE 360°</b> Sala Fitness   8:30-9:00		<b>CORE 360°</b> Sala Fitness   8:30-9:00			
		<b>UP WALKING</b> Sala Fitness   8:45-9:45		<b>UP WALKING</b> Sala Fitness   8:45-9:45			
9:00	<b>CORE 360°</b> Sala Fitness   9:00-9:30	<b>BODY COMBAT</b>   9:30-10:30	<b>CORE 360°</b> Sala Fitness   9:00-9:30	<b>BODY COMBAT</b>   9:30-10:30	<b>BODY PUMP</b>   9:30-10:30	<b>BODYBALANCE VIRTUAL</b> Estudio nº2   9:30-10:30	
	<b>UP CYCLING</b> Sala Ciclo Indoor   9:30-10:30	<b>PILATES</b> Estudio nº2   9:30-10:30	<b>UP CYCLING</b> Sala Ciclo Indoor   9:30-10:30	<b>PILATES</b> Estudio nº2   9:30-10:30	<b>YOGA</b> Estudio nº2   9:30-10:30		
	<b>ZUMBA</b>   9:30-10:30		<b>ZUMBA</b>   9:30-10:30				
	<b>FLAMENCO FIT</b> Estudio nº2   9:30-10:30		<b>FLAMENCO FIT</b> Estudio nº2   9:30-10:30				
10:00	<b>PILATES</b> Estudio nº2   10:30-11:30	<b>CORE 360°</b> Sala Fitness   10:00-10:30	<b>PILATES</b> Estudio nº2   10:30-11:30	<b>CORE 360°</b> Sala Fitness   10:00-10:30	<b>SENIOR FIT</b> Sala Fitness   10:00-11:00	<b>TRX</b> Sala Fitness   10:00-10:30	<b>UP CYCLING</b> Sala Ciclo Indoor   10:30-11:30
	<b>BODY PUMP</b>   10:30-11:30	<b>ZUMBA</b>   10:30-11:30	<b>BODY PUMP</b>   10:30-11:30	<b>ZUMBA</b>   10:30-11:30	<b>UP CYCLING</b> Sala Ciclo Indoor   10:30-11:30	<b>ZUMBA</b>   10:30-11:30	
		<b>UP CYCLING</b> Sala Ciclo Indoor   10:30-11:30		<b>UP CYCLING</b> Sala Ciclo Indoor   10:30-11:30			
		<b>G.A.P</b> Estudio nº2   10:30-11:30		<b>G.A.P</b> Estudio nº2   10:30-11:30			
11:00	<b>SENIOR FIT</b> Sala Fitness   11:00-12:00	<b>SENIOR FIT</b> Sala Fitness   11:30-12:30	<b>SENIOR FIT</b> Sala Fitness   11:00-12:00	<b>SENIOR FIT</b> Sala Fitness   11:30-12:30	<b>G.A.P</b> Estudio nº2   11:30-12:30	<b>UP CYCLING</b> Sala Ciclo Indoor   11:30-12:30	<b>TRX</b> Sala Fitness   11:00-11:30
	<b>G.A.P</b> Estudio nº2   11:30-12:30	<b>FITBALL</b> Estudio nº2   11:30-12:30	<b>G.A.P</b> Estudio nº2   11:30-12:30	<b>FITBALL</b> Estudio nº2   11:30-12:30			



# UP Motril Horario de Actividades

Mediodía | Tarde - Octubre 2018

Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo y festivos
12:00	<b>TRX</b> Sala Fitness   12:30-13:00		<b>TRX</b> Sala Fitness   12:30-13:00		<b>TRX</b> Sala Fitness   12:30-13:00		
13:00		<b>UP WALKING VIRTUAL</b> Sala Fitness   13:45-14:15		<b>UP WALKING VIRTUAL</b> Sala Fitness   13:45-14:15			
14:00	<b>CORE 360º</b> Sala Fitness   14:00-14:30	<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   14:15-15:15	<b>CORE 360º</b> Sala Fitness   14:00-14:30	<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   14:15-15:15	<b>UP WALKING VIRTUAL</b> Sala Fitness   14:30-15:00		
	<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   14:30-15:30		<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   14:30-15:30				
15:00	<b>UP OPEN CLASS</b> Sala Fitness   15:30-16:30	<b>UP OPEN CLASS</b> Sala Fitness   15:30-16:30	<b>UP OPEN CLASS</b> Sala Fitness   15:30-16:30	<b>UP OPEN CLASS</b> Sala Fitness   15:30-16:30			
16:00	<b>UP WALKING VIRTUAL</b> Sala Fitness   16:00-16:30	<b>TAEKWON-DO INFANTIL</b> Estudio nº3   16:00-17:00	<b>UP WALKING VIRTUAL</b> Sala Fitness   16:00-16:30	<b>TAEKWON-DO INFANTIL</b> Estudio nº3   16:00-17:00			
		<b>UP WALKING VIRTUAL</b> Sala Fitness   16:30-17:00		<b>UP WALKING VIRTUAL</b> Sala Fitness   16:30-17:00			
	<b>CROSSGYM</b> Sala Fitness   17:00-17:30	<b>ACROGYM</b> Estudio nº3   17:00-18:00	<b>CROSSGYM</b> Sala Fitness   17:00-17:30	<b>ACROGYM</b> Estudio nº3   17:00-18:00	<b>CROSSGYM</b> Sala Fitness   17:00-17:30		
	<b>BODY PUMP</b>   17:00-18:00	<b>TRX</b> Sala Fitness   17:30-18:00	<b>BODY PUMP</b>   17:00-18:00	<b>TRX</b> Sala Fitness   17:30-18:00	<b>UP CYCLING JUNIOR</b> Sala Ciclo Indoor   17:30-18:30		
17:00	<b>FITNESS KIDS</b> Sin sala   17:30-18:30	<b>BODY BALANCE</b> Estudio nº2   17:30-18:30	<b>FITNESS KIDS</b> Sin sala   17:30-18:30	<b>BODY BALANCE</b> Estudio nº2   17:30-18:30			
	<b>G.A.P</b> Estudio nº2   17:30-18:30		<b>G.A.P</b> Estudio nº2   17:30-18:30				
	<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   17:45-18:45		<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   17:45-18:45				



# UP Motril Horario de Actividades

Tarde - Octubre 2018

Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo y festivos
18:00	<b>CORE 360°</b> Sala Fitness   18:00-18:30	<b>ZUMBA KIDS</b> Estudio nº3   18:00-19:00	<b>CORE 360°</b> Sala Fitness   18:00-18:30	<b>ZUMBA KIDS</b> Estudio nº3   18:00-19:00	<b>TRX</b> Sala Fitness   18:00-18:30		
	<b>ZUMBA</b>   18:00-19:00	<b>ZUMBA</b>   18:00-19:00	<b>ZUMBA</b>   18:00-19:00	<b>ZUMBA</b>   18:00-19:00	<b>UP CYCLING</b> Sala Ciclo Indoor   18:30-19:30		
	<b>BODYCOMBAT JUNIOR</b> Estudio nº3   18:30-19:30	<b>UP CYCLING</b> Sala Ciclo Indoor   18:15-19:15	<b>ZUMBA JUNIOR</b> Estudio nº3   18:30-19:30	<b>UP CYCLING</b> Sala Ciclo Indoor   18:15-19:15	<b>PILATES</b> Estudio nº2   18:30-19:30		
	<b>YOGA</b> Estudio nº2   18:30-19:30	<b>PILATES</b> Estudio nº2   18:30-19:30	<b>YOGA</b> Estudio nº2   18:30-19:30	<b>PILATES</b> Estudio nº2   18:30-19:30	<b>CORE 360°</b> Sala Fitness   18:45-19:45		
	<b>UP CYCLING</b> Sala Ciclo Indoor   18:45-19:45		<b>UP CYCLING</b> Sala Ciclo Indoor   18:45-19:45				
	<b>TRX</b> Sala Fitness   18:45-19:15		<b>TRX</b> Sala Fitness   18:45-19:15				
	<b>STEP</b>   19:00-20:00	<b>CORE 360°</b> Sala Fitness   19:00-19:30	<b>STEP</b>   19:00-20:00	<b>CORE 360°</b> Sala Fitness   19:00-19:30	<b>BODY PUMP</b>   19:30-20:30		
	<b>UP WALKING VIRTUAL</b> Sala Fitness   19:15-19:45	<b>KARATE</b> Estudio nº3   19:00-20:00	<b>UP WALKING VIRTUAL</b> Sala Fitness   19:15-19:45	<b>KARATE</b> Estudio nº3   19:00-20:00	<b>UP WALKING VIRTUAL</b> Sala Fitness   19:30-20:00		
	<b>PILATES</b> Estudio nº2   19:30-20:30	<b>BODY PUMP</b>   19:00-20:00	<b>PILATES</b> Estudio nº2   19:30-20:30	<b>BODY PUMP</b>   19:00-20:00			
	<b>UP CYCLING</b> Sala Ciclo Indoor   19:45-20:45	<b>UP CYCLING</b> Sala Ciclo Indoor   19:15-20:15	<b>UP CYCLING</b> Sala Ciclo Indoor   19:45-20:45	<b>UP CYCLING</b> Sala Ciclo Indoor   19:15-20:15			
	<b>G.A.P</b> Estudio nº2   19:30-20:30		<b>G.A.P</b> Estudio nº2   19:30-20:30				
	<b>UP FLEX</b> Sin sala   19:45-20:00		<b>UP FLEX</b> Sin sala   19:45-20:00				
19:00							



# UP Motril Horario de Actividades

Noche - Octubre 2018

Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo y festivos
20:00	<b>BODY COMBAT</b>   20:00-21:00	<b>KARATE</b> Estudio nº3   20:00-21:30	<b>BODY COMBAT</b>   20:00-21:00	<b>KARATE</b> Estudio nº3   20:00-21:30	<b>ZUMBA</b>   20:30-21:30		
	<b>HIIT</b> Sala Fitness   20:15-20:45	<b>STEP</b>   20:00-21:00	<b>HIIT</b> Sala Fitness   20:15-20:45	<b>STEP</b>   20:00-21:00			
	<b>UP DANCE</b> Estudio nº2   20:30-21:30	<b>TRX</b> Sala Fitness   20:15-21:45	<b>UP DANCE</b> Estudio nº2   20:30-21:30	<b>TRX</b> Sala Fitness   20:15-21:45			
	<b>UP CYCLING</b> Sala Ciclo Indoor   20:45-21:45	<b>UP CYCLING</b> Sala Ciclo Indoor   20:15-21:45	<b>UP CYCLING</b> Sala Ciclo Indoor   20:45-21:45	<b>UP CYCLING</b> Sala Ciclo Indoor   20:15-21:45			
		<b>FITBALL</b> Estudio nº2   20:30-21:30		<b>FITBALL</b> Estudio nº2   20:30-21:30			
		<b>UP WALKING VIRTUAL</b> Sala Fitness   20:45-21:15		<b>UP WALKING VIRTUAL</b> Sala Fitness   20:45-21:15			
21:00	<b>BODY PUMP</b>   21:00-22:00	<b>BODY COMBAT</b>   21:00-22:00	<b>BODY PUMP</b>   21:00-22:00	<b>BODY COMBAT</b>   21:00-22:00			
	<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   21:45-22:45	<b>UP CYCLING</b> Sala Ciclo Indoor   21:15-22:15	<b>UP CYCLING VIRTUAL</b> Sala Ciclo Indoor   21:45-22:45	<b>UP CYCLING</b> Sala Ciclo Indoor   21:15-22:15			