



UP Motril Horario de Actividades

Mañana - Julio 2017

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



UP Motril Horario de Actividades

Mediodía | Tarde - Julio 2017

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



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Tarde - Julio 2017

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



UP Motril Horario de Actividades

Noche - Julio 2017

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