

# HORARIOS CLASES COLECTIVAS 2025-26

| LUNES |                    | MARTES |                      | MIÉRCOLES |                    | JUEVES |                      | VIERNES                  |
|-------|--------------------|--------|----------------------|-----------|--------------------|--------|----------------------|--------------------------|
|       |                    | 14.15  | CROSSHIIT            |           |                    | 14.15  | CROSSHIIT            |                          |
| 15.00 | CARGAS             |        |                      | 15.00     | CARGAS             |        |                      | 14.30 EXPRESS - TRAINING |
| 16.00 | EXPRESS - TRAINING |        |                      | 16.00     | EXPRESS - TRAINING |        |                      | 15.00 CARGAS             |
| 18.15 | PILATES            | 18.15  | PILATES              | 18.15     | PILATES            | 18.15  | PILATES              | 17.15 STRETCHING         |
| 19.00 | SHAPE DANCE        | 19.00  | CLUB PÉRDIDA DE PESO | 19.00     | SHAPE DANCE        | 19.00  | CLUB PÉRDIDA DE PESO |                          |
| 19.30 | PILATES            | 19.30  | PILATES              | 19.30     | PILATES            | 19.30  | PILATES              |                          |
|       |                    | 19.45  | MANTENIMIENTO        |           |                    | 19.45  | MANTENIMIENTO        |                          |
| 20.25 | CROSSHIIT          | 20.30  | CARGAS               | 20.25     | CROSSHIIT          | 20.30  | CARGAS               | 19.30 CROSSHIIT          |

● ALTA INTENSIDAD

● CUERPO - MENTE

● INTENSIDAD MEDIA

● FUERZA

● CARDIO

La dirección se reserva el derecho a cambiar estos horarios

C/ AYALA 47-49  
TFNO 91 575 24 81  
info@centrodeportivoelpilar.es  
CENTRODEPORTIVOELPILAR.ES

 @centrodeportivoelpilar  
 Centro Deportivo El Pilar