

LE MAX WELLNESS CLUB
MADRID

| | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO | DOMINGO | HORAS |
|-------|--|----------------------------|--|----------------------------|-------------------------|--------------------|---------------------|-------|
| 7:30 | | 7:30 YOGA 60' | | 7:30 YOGA 60' | | | | 7:30 |
| 8:00 | | | 8:00 RUNNING 60' | 8:00 RUNNING 60' | | | | 8:00 |
| 8:30 | 8:15 CICLO 60' | 8:30 CROSSFIT 60' | 8:30 CROSSFIT 60' | 8:30 CROSSFIT 60' | 8:30 CROSSFIT 60' | | | 8:30 |
| 9:00 | | 9:00 TRX 30' | 8:15 CICLO 60' | 9:00 TRX 30' | 8:15 CICLO 60' | | | 9:00 |
| 9:30 | | | | | | | | 9:30 |
| 10:00 | | 10:00 PILATES MAQUINAS 60' | | 10:00 PILATES MAQUINAS 60' | | | 10:00 FITBOXING 60' | 10:00 |
| 10:30 | | | | | | | | 10:30 |
| 11:00 | | | | | 11:00 MANTENIMIENTO 45' | | 11:00 ENDURANCE 60' | 11:00 |
| 11:30 | | | | | | | | 11:30 |
| 12:00 | | | | | | 12:00 ZUMBA | | 12:00 |
| 12:30 | | | | | | 12:00 CROSSFIT 60' | 12:00 CROSSFIT | 12:30 |
| 13:00 | | | | | | | | 13:00 |
| 13:30 | | | | | | | | 13:30 |
| 14:00 | 14:00 FITBOXING 60' | 14:00 PILATES 60' | 14:00 RUNNING 90' | 14:00 YOGA 60' | 14:00 TRX 30' | | | 14:00 |
| 14:30 | 14:15 CROSSFIT 60' | 14:15 CROSSFIT 60' | 14:15 CROSSFIT 60' | 14:00 RUNNING 90' | 14:15 CROSSFIT 60' | | 14:15 CROSSFIT 60' | 14:30 |
| 15:00 | | | | | | | | 15:00 |
| 15:30 | | | | | | | | 15:30 |
| 16:00 | | | | | | | | 16:00 |
| 16:30 | | | | | | | | 16:30 |
| 17:00 | | | | | | | | 17:00 |
| 17:30 | | | | | | | | 17:30 |
| 18:00 | 18:30 LEMAX COURSE TECNICA 30' - CON RESERVA | | 18:30 LEMAX COURSE TECNICA 30' - CON RESERVA | | | | | 18:00 |
| 18:30 | | | | | | | | 18:30 |
| 19:00 | 19:00 CROSSFIT 60' | 19:00 FITBOXING 60' | 19:00 CROSSFIT 60' | 19:00 PILATES 60' | 19:00 CROSSFIT 60' | | 19:00 CROSSFIT 60' | 19:00 |
| 19:30 | | | | 19:00 FITBOXING 60' | | | | 19:30 |
| 20:00 | 20:00 BODY BALANCE 60' | 20:00 ZUMBA 60' | | 20:00 ZUMBA 60' | | | | 20:00 |
| 20:30 | | | 20:00 CICLO 60' | | | | | 20:30 |
| 21:00 | | | | | | | | 21:00 |
| 21:30 | | | | | | | | 21:30 |
| 22:00 | | | | | | | | 22:00 |