

TIME UHRZEIT	MONDAY MONTAG	TUESDAY DIENSTAG	WEDNESDAY MITTWOCH	THURSDAY DONNERSTAG	FRIDAY FREITAG	SATURDAY SAMSTAG	SUNDAY SONNTAG
7H15			CYCLING 3	BODY PUMP 1			
9H00		LES MILLS CORE 1 AQUA GYM P		AQUA GYM P		STEP 1	
9H30	BODY PUMP 1		BODY BALANCE D	LAG/BSP 1			BODY PUMP 1
9H45		POWER JUMP 1					
10H00		AQUA GYM P		AQUA GYM P	CYCLING 3	SH'BAM 1	
10H30	BACK GYMNASTICS D		CYCLING 3	PILATES D			CYCLING 3 BODY STEP 1
11H00					BODY BALANCE 1		
11H30							BODY BALANCE D
12H45	CYCLING 3						
16H00						CYCLING 3	
17H00		CYCLING 3			BODY PUMP 1	SGA 1	
17H30				CYCLING 3			
17H45			LES MILLS CORE 1				
18H00	LOCALIZADA 1	BODY PUMP 1			POWER JUMP 1		
18H30				SH'BAM 1			
18H45	PILATES D			BODY COMBAT 1			
19H00	AQUA EXPRESS BODY COMBAT 1	BODY STEP 1			CYCLING 3		
19H15		HIT D	FUNCTIONAL CIRCUIT				
19H30	AQUA GYM P ZUMBA 1		CYCLING 3 AQUA GYM P	BODY BALANCE D			
19H45				BODY PUMP 1			
20H00	CYCLING 3	LES MILLS CORE 1			PILATES D		
20H30		KRAV MAGA D		KRAV MAGA D LES MILLS CORE 1			



GALO ACTIVE
HEALTH CLUB

CLASS MAP ZEITPLAN

TONING MUSKELAUFBAU (Red)
 BODY & SOUL (Green)
 DANCE/TANZ (Pink)
 CARDIO (Orange)

Studio 1 **1** Studio 3 **3** Squash **S**
 Pool **P** Desertas **D**

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MON-FRI:
 7 AM TO 10 PM
SAT-SUN:
 8 AM TO 8 PM