

LUNES MARTES MIERCOLES JUEVES VIERNES

STUDIO PILATES	08:00h	studio pilates		studio pilates	
	09:00h	studio pilates	studio pilates	studio pilates	studio pilates
	10:00h	studio pilates	studio pilates	studio pilates	studio pilates
	11:00h	studio pilates	studio pilates	studio pilates	studio pilates
	12:00h	studio pilates	studio pilates	studio pilates	studio pilates
	13:00h				
	16:00h		studio pilates		studio pilates
	17:00h	studio pilates	studio pilates	studio pilates	studio pilates
	18:00h	studio pilates	studio pilates	studio pilates	studio pilates
	19:00h	studio pilates	studio pilates	studio pilates	studio pilates
20:00h	studio pilates	studio pilates	studio pilates	studio pilates	
21:00h	studio pilates	studio pilates	studio pilates	studio pilates	

PILATES MATWORK	09:00h		pilates matwork		pilates matwork
	10:00h	pilates matwork		pilates matwork	pilates matwork
	11:00h				
	16:00h	pilates matwork		pilates matwork	
	17:00h		pilates matwork		pilates matwork
	18:00h	pilates matwork		pilates matwork	
	19:00h		pilates matwork		pilates matwork
	20:00h	pilates matwork	pilates matwork	pilates matwork	
	21:00h				
	22:00h				

solo para fisios

LUNES MARTES MIERCOLES JUEVES VIERNES

FITNESS	16:00h				
	17:00h				
	18:00h	Yoga		Yoga	
	19:00h	Zumba		Zumba	Funcional
	20:00h		Funcional		
	21:00h	areaPump		Funcional	areaPump

+ PERSONALIZADO (Configura tu horario)

NUEVO

LAB	INDIVIDUAL	9.00	10.00	11.00	12.00	16.00	17.00	18.00	19.00	20.00	21.00
	ENTRENAMIENTO PERSONAL	8.00	9.30	10.30	12.00	13.00	14.00	16.00	17.00	19.00	20.00
CONSULTA MÁS OPCIONES											
HIPO INDIVIDUAL	45m	8.00	9.15	10.00	11.00	17.15	18.00	19.15	20.00	20.15	21.00

www.areaclub.es C/ Imperial 20, Bajo - 02006 Albacete

967 10 10 20 /AreaFitnessPilatesClub



Y ADEMÁS (Pide cita)

area readaptación

area fisio

