

Horario

15 a 21 de Abril

App Reserva de Clases

Accede a la
App

Haz clic para reservar
tus clases colectivas

LUNES 15-04-2024			MARTES 16-04-2024			MIÉRCOLES 17-04-2024			JUEVES 18-04-2024			VIERNES 19-04-2024			SABADO		DOMINGO								
H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D		
				7:15	GAP	ift	HECTOR	30'		7:15	O CYCLING	8	TONI	50'		7:15	CROSS FUERZA	ift	HECTOR	30'					
7:45	O CYCLING	8	JUANFRAN	50'				8:00	WALKING	7	JUANFRAN	45'	8:00	GAP FUNCIONAL	3	HECTOR	45'	7:45	WALKING	7	JUANFRAN	45'			
				8:00	CROSS TRX	ift	HECTOR	30'				8:00	WALKING	7	JUANFRAN	45'	8:00	GAP FUNCIONAL	3	HECTOR	45'				
9:15	WALKING	7	JUANFRAN	45'				9:30	PILATES	4	NOAH	55'	9:30	BODY PUMP	3	TONI	45'	9:30	O CYCLING	8	JUANFRAN	50'			
9:30	PILATES	4	NOAH	55'	9:30	O CYCLING	8	TONI	50'	9:30	O CYCLING	8	JUANFRAN	55'	9:30	BODY PUMP	3	TONI	45'	9:30	O CYCLING	8	JUANFRAN	50'	
10:15	CROSS TRX	ift	JUANFRAN	30'	10:30	BODY PUMP	3	HECTOR	45'	10:30	GAP FUNCIONAL	3	TONI	45'	10:30	WALKING	7	TONI	45'	10:40	PILATES	3	JUANFRAN	55'	
10:45	AQUA FIT	pp	LOIDA	45'	10:30	PILATES AFG	4	NOAH	45'	10:30	GAP FUNCIONAL	3	TONI	45'	10:30	PILATES AFG	4	NOAH	50'	10:40	PILATES	3	JUANFRAN	55'	
				11:25	PILATES AFG	4	NOAH	50'	10:45	AQUA FIT	pp	LOIDA	45'	11:25	PILATES AFG	4	NOAH	50'							
								14:15	O CYCLING	8	JUANFRAN	50'	14:15	WALKING	7	TONI	45'	14:15	FUNCIONAL	3	ift	TONI	40'		
14:15	O CYCLING	8	JUANFRAN	50'	14:15	WALKING	7	TONI	45'	14:15	O CYCLING	8	TONI	50'	14:15	WALKING	7	TONI	45'	14:15	FUNCIONAL	3	ift	TONI	40'
14:30	FITNESS CIRCUIT	ift	ANDREU	45'	14:30	CROSS TRX	ift	ANDREU	30'	14:30	FITNESS CIRCUIT	ift	ANDREU	45'	14:30	FITNESS CIRCUIT	ift	ANDREU	45'	14:30	FUNCIONAL	3	ift	TONI	40'
15:30	WALKING	7	TONI	45'	15:30	FUNCIONAL	ift	ANDREU	30'	15:30	PILATES	4	ANA	55'	15:30	PILATES	4	ANA	55'	15:30	O CYCLING	8	TONI	50'	
15:30	PILATES	4	ANA	55'	15:30	FUNCIONAL	ift	ANDREU	30'	15:30	PILATES	4	ANA	55'	15:30	PILATES	4	ANA	55'	15:30	O CYCLING	8	TONI	50'	
								17:30	BAILE NIÑ@S*	1	LUCAS	55'	17:30	YOGA	5	TRINI	60'	17:30	YOGA	5	TRINI	60'			
17:30	YOGA	5	TRINI	60'	17:30	YOGA	5	TRINI	60'	17:30	YOGA	5	TRINI	60'	17:30	YOGA	5	TRINI	60'	17:30	YOGA	5	TRINI	60'	
18:00	CUBBA	3	LUCAS	60'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	
18:00	O CYCLING	8	TONI	50'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	
18:15	GAP BOX	1	HECTOR	40'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	
18:45	YOGA	5	TRINI	60'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	18:00	WALKING	7	JOSE LUIS	45'	
19:00	GAP FUNC.	1	HECTOR	30'	19:00	PILATES	3	ALBA	55'	19:00	PILATES	3	ALBA	55'	19:00	PILATES	3	ALBA	55'	19:00	PILATES	3	ALBA	55'	
19:30	BODY PUMP	3	TONI	45'	19:00	GAP FUNC.	1	HECTOR	30'	19:00	GAP FUNC.	1	HECTOR	30'	19:00	GAP FUNC.	1	HECTOR	30'	19:00	GAP FUNC.	1	HECTOR	30'	
19:30	WALKING	7	NATALIA	45'	19:30	O CYCLING	8	JOSE LUIS	50'	19:30	O CYCLING	8	JOSE LUIS	50'	19:30	O CYCLING	8	JOSE LUIS	50'	19:30	O CYCLING	8	JOSE LUIS	50'	
20:00	YOGA	5	TRINI	55'	19:30	O CYCLING	8	JOSE LUIS	50'	19:30	O CYCLING	8	JOSE LUIS	50'	19:30	O CYCLING	8	JOSE LUIS	50'	19:30	O CYCLING	8	JOSE LUIS	50'	
20:00	AIKIDO*	4	JUAN	55'	19:30	O CYCLING	8	JOSE LUIS	50'	19:30	O CYCLING	8	JOSE LUIS	50'	19:30	O CYCLING	8	JOSE LUIS	50'	19:30	O CYCLING	8	JOSE LUIS	50'	
20:30	O CYCLING	8	NATALIA	55'	20:00	PILATES	3	NATALIA	55'	20:00	PILATES	3	NATALIA	55'	20:00	PILATES	3	NATALIA	55'	20:00	PILATES	3	NATALIA	55'	
				20:30	O CYCLING	8	NATALIA	55'	20:30	O CYCLING	8	NATALIA	55'	20:30	O CYCLING	8	NATALIA	55'	20:30	O CYCLING	8	NATALIA	55'		
								20:05	B.BALANCE	3	LIDIA	55'	20:05	B.BALANCE	3	LIDIA	55'	20:05	B.BALANCE	3	LIDIA	55'			
								20:30	O CYCLING	8	NATALIA	55'	20:30	O CYCLING	8	NATALIA	55'	20:30	O CYCLING	8	NATALIA	55'			
								20:00	AQUA FIT	pp	NURIA	45'	20:00	AQUA FIT	pp	NURIA	45'	20:00	AQUA FIT	pp	NURIA	45'			
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- Las clases colectivas se reservarán por la App, con 3 horas de antelación.
- La asistencia a sala fitness será sin reserva previa.

- Está permitido el uso de colchonetas del centro.
- En actividades como Body Balance o Pilates ya se permite el ir descalzo.

 @olympiafitnesspiscina

 @olympiavalencia

 Olympia Hotel, Events & Spa

LOS SIGUIENTES HORARIOS PUEDEN SUFRIR ALGUNA MODIFICACIÓN POR MOTIVOS TÉCNICOS O CAMBIOS DE ÚLTIMA HORA. PUEDES VER LOS HORARIOS DEFINITIVOS EN LA WEB O EN LA RECEPCIÓN DEL CLUB.

ACTIVIDADES CON ASTERISCO* INFORMARSE EN RECEPCIÓN DE LA TARIFA (no incluida en cuota)

PUEDEN CONSULTAR LA NORMATIVA DE ACTIVIDADES ASÍ COMO LA DESCRIPCIÓN DE LAS MISMAS Y LOS MONITORES EN LA ENTRADA A LAS SALAS Y EN EL TABLÓN DE INFORMACIÓN.