



GALO ACTIVE
HEALTH CLUB

CLASS MAP | ZEITPLAN

TONNING █ BODY & SOUL █ DANCE █ CARDIO █ SPECIALS █

MONDAY MONTAG	TUESDAY DIENSTAG	WEDNESDAY MITTWOCH	THURSDAY DONNERSTAG	FRIDAY FREITAG	SATURDAY SAMSTAG	SUNDAY SONNTAG
07:00 € CROSSTRaining █ 1	09:00 € AQUA GYM █ P	07:00 € CROSSTRaining █ G	07:15 CYCLING 3	10:00 CYCLING 3	09:30 STEP 1	09:30 BODY PUMP 1
09:00 1 BODY BALANCE	09:30 1 MOB&FLEX	09:30 1 SPINE GYM	09:00 P AQUA GYM	11:00 1 PILATES	10:30 1 SALSATION	10:30 3 CYCLING
10:00 1 BODY PUMP	10:15 P AQUA GYM	10:30 3 CYCLING	09:30 1 BODY BALANCE	18:00 1 POWER JUMP	16:00 3 RPM	11:30 1 PILATES
18:00 1 TONNING	10:30 1 LES MILLS CORE	17:45 1 LES MILLS CORE	10:15 P AQUA GYM	19:00 1 BODY PUMP	17:00 1 BODY BALANCE	
18:45 D PILATES	17:00 3 CYCLING	18:30 1 SH'BAM	10:30 1 GAP	19:30 P AQUA GYM		
19:00 1 EXpress BODY COMBAT	18:00 1 BODY PUMP	18:30 3 RPM	17:30 1 MOB&FLEX	20:00 D SPINE GYM		
19:30 P AQUA GYM	19:00 1 BODY STEP	19:15 S FUNCTIONAL CIRCUIT	18:30 1 BODY COMBAT			
19:30 1 ZUMBA	19:15 € CROSSTRaining █ G	19:30 1 SGA	19:15 € CROSSTRaining █ G			
19:30 3 CYCLING	19:45 D BODY BALANCE	19:30 P AQUA GYM	19:30 D PILATES			
	20:30 € KRAV MAGA █ 1		19:30 1 BODY PUMP			
			20:30 € KRAV MAGA █ 1			

MON-FRI:
6 AM TO 10 PM

SAT-SUN:
8 AM TO 8 PM

Estudio 1 1

Squash S

Piscina P Praia PG

Estudio 3 3

Desertas D

Galo Box G

€ Classes with extra cost.

call to book:

5523