



Please remember to reserve your spot for the GYM classes by sending an e-mail to getinshapecitylifemadrid@gmail.com. *(If you would like to reserve spots for more people, please, always indicate their names)*! You will receive a confirmation email from us that your spot has been reserved!

If you do not receive the confirmation email, you will not be able to participate. Please show up 10 minutes before the official start of the event and always bring along your DMM discount card, your ID and the confirmation email from us (you don't have to print it). Without the card & the confirmation you will not be able to participate! Enjoy your workout!

Monday	Tuesday	Wednesday	Thursday	Friday
FitUp a Bailar - 14:10	Ciclo Indoor - 14:30	Step - 14:10	TBC - 14:10	TBC - 10:30
Ciclo Indoor - 18:30	Ciclo Indoor - 21:30		Pilates - 21:30	Pilates - 14:10
	Ciclo Indoor - 18:15	Aerobox - 10:30	TBC - 15:00	
		Aerodance - 14:10		

Fitup San Miguel (C/ Conde de Miranda 1)
Fitup Chamberi (C/ Alonso Cano, 10)

* No classes on a bank holidays