

Please remember to reserve your spot for the GYM classes by sending an e-mail to [info@citylifemadrid.com](mailto:info@citylifemadrid.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 City 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
14:10 - Fitup a Bailar	14:10 - Ciclo Indoor	14:10 - Step up	14:10 - TBC	10:30 - TBC
18:30 - Ciclo Indoor	21:30 - Ciclo Indoor		21:30 - Pilates	14:10 - Pilates
10:30 - Fitup a Bailar	9:00 - Ciclo Indoor	10:30 - Aerobox	15:00 - TBC	
14:10 - Fitup a Bailar	18:15 - Ciclo Indoor	14:10 - Aerodance		
9:30 - Body fit	9:30 - Ciclo Indoor	10:30 - TBC	9:30 - Shot a Bailar	9:30 - Pilates
14:15 - Ciclo Indoor	18:15 - TBC	14:15 - Fit Balance		19:15 - Pilates
18:15 - Ciclo Indoor		19:00 - Shot Circuit		
14:15 - Body fit	14:15 - Ciclo Indoor	14:15 - Shot a Bailar	14:15 - Pilates	18:15 - Shot a Bailar
9:15 - Shot a Bailar	10:15 - Pilates	10:15 - Body fit	9:15 - TBC	19:15 - Pilates
9:30 - Ciclo Indoor	9:30 - Body Fit	9:30 - Step	9:30 - Body Fit	9:30 - Shot a Bailar
18:15 - TBC	21:15 - Ciclo Indoor	21:15 - Body Fit	21:15 - Shot a Bailar	19:15 - Fit Balance

Fitup Mercado de San Miguel (C/ Conde de Miranda 1)
Fitup Chamberi (C/ Alonso Cano 10)
Fitup Shot Delicias (C/ Juan de Vera 4)
Fitup Shot Retiro (C/ Alcalde Sainz de Baranda 26)
Fitup Shot Mercado de Bami (Plaza Mercado de Bami)

\* No classes on a bank holidays

Note: This is an exclusive City Card holder offer and it only applies for 3 classes per semester. if you would like to enjoy more classes we recommend joining the gym with your CityCard discount. You can skip the subscription fee and get an extra 5€ discount on the first month with our coupon! Stop by the office to pick it up! ☺