

Please remember to reserve your spot for the GYM classes by sending an e-mail to 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	14:10 - TBC	10:30 - TBC
15:00 - Body fit	21:30 - Ciclo Indoor	15:00 - Aerobox	21:30 - Pilates	14:10 - Pilates
18:30 - Ciclo Indoor		19:30 - Aerobox		
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		
9:15 - Shot a Bailar	10:15 - Pilates	10:15 - Body fit	9:15 - TBC	18:15 - Shot a Bailar
14:30 - Body fit	14:30 - Ciclo Indoor	14:30 - Shot a Bailar	14:30 - Pilates	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	18:15 - Ciclo Indoor	18:15 - Body Fit	18:15 - Step	19:15 - Fit Balance
			21:15 - Shot a Bailar	

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 Ventas - (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 10€ discount** on every month! Stop by the office to pick it up! 😊