

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	Weekend
		07:15 - Cross Hiit			
09:30 - Pilates	09:30 - Cross Hiit	09:15 - Cross Hiit	09:30 - Baile Fit	09:30 - Pilates	
	10:15 - Cross Hiit	09:30 - Step Funcional	09:30 - Body Hiit	10:30 - Cross Hiit	
10:30 - Pilates	10:30 - Baile Fit	09:30 - Baile Fit	09:30 - Aerobox		
11:30 - Pilates	11:30 - Cross Hiit	10:30 - Fit Balance	10:15 - Body Hiit		
	11:30 - Baile Fit	11:30 - Ciclo			
14:15 - Ciclo	14:15 - Body Hiit	14:10 - GAP	14:00 - Cross Hiit		
	14:30 - Ciclo	14:35 - ABD	14:15 - Cross Hiit		
17:00 - Baile Fit		18:00 - Fit Balance	18:00 - Aerobox	18:00 - Baile Fit	
18:00 - Ciclo		18:00 - Step Funcional	18:15 - Fit Balance	19:00 - Pilates	
18:15 - Body Hiit	18:15 - Pilates	18:15 - Cross Hiit		19:00 - Pilates	
20:00 - Ciclo		19:00 - Baile Fit	20:00 - Aerobox		
	21:00 - Body Hiit	21:00 - Ciclo	21:00 - Bodyhiit		

*No classes on bank holidays
Fitup Mercado de San Miguel (C/ Conde de Miranda 1)
Fitup Chamberí (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)
Fitup Alberto Aguilera (C/ de Alberto Aguilera 1)
Fitup Las Rosas (C/ Aquitana 9)
Fitup San Pascual (C/ De La Virgen De África 14)

**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! ☺