

Get in Shape – Instructions Fitness Class Reservation

Please remember to reserve your spot for the GYM class by sending an e-mail to getinshape@citylifemadrid.com! You will receive a **confirmation mail** from us that your spot has been reserved! Please show up 10 minutes before the official start of the event! In case you don't receive the confirmation mail you will not be able to participate. Please always bring along your **DMM discount card**. Without the card & the confirmation you will **not** be able to participate! Booking closes 6 hours before the actual event start. Enjoy your workouts :)

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1.09. - 06.09			02.09 - Bodyfit - 21:30		
7.09. - 13.09		08.09 - Ciclo Indoor - 21:30		10.09 - Indoor Cycling - 20:30	
14.09. - 20.09			16.09 - Aerobox - 15:00		18.09 - TBC - 10:30
21.09. - 27.09			23.09 - Bodyfit - 21:30		25.09 - Fitbalance - 15:00
28.09. - 4.10	28.09 - Boxing - 14:45				
5.10. - 11.10		06.10 - Ciclo Indoor - 21:30		08.10 - Indoor Cycling - 20:30	
12.10. - 18.10			14.10 - Aerobox - 15:00		16.10 - TBC - 10:30
19.10. - 25.10	19.10 - Boxing - 14:45				23.10 - Fitbalance - 15:00
26.10. - 01.11		27.10 - Ciclo Indoor - 21:30	28.10 - Bodyfit - 21:30		
2.11. - 8.11				05.11 - Indoor Cycling - 20:30	06.11 - TBC - 10:30
9.11. - 15.11			11.11 - Aerobox - 15:00		13.11 - Fitbalance - 15:00
16.11. - 22.11		08.09 - Ciclo Indoor - 21:30	02.12 - Bodyfit - 21:30		
23.11. - 29.11	23.11 - Boxing - 14:45			26.11 - Indoor Cycling - 20:30	
30.11. - 06.12			16.09 - Aerobox - 15:00		04.12 - TBC - 10:30
7.12. - 13.12		08.09 - Ciclo Indoor - 21:30			11.12 - Fitbalance - 15:00
Winter/Xmas Break					
11.01. - 17.01	11.01 - Boxing - 14:45		13.01 - Bodyfit - 21:30		
18.01. - 24.01		08.09 - Ciclo Indoor - 21:30		21.01 - Indoor Cycling - 20:30	
25.01. - 31.01			27.01 - Aerobox - 15:00		29.01 - TBC - 10:30
<div style="background-color: red; color: white; padding: 2px;">Fitup Castellana (C/ Sor Angela de la Cruz 24)</div> <div style="background-color: yellow; color: black; padding: 2px;">Fitup San Miguel (C/ Donde de Miranda 1)</div> <div style="background-color: lightblue; color: black; padding: 2px;">Fitup Núñez de Balboa (C/ Núñez de Balboa 115)</div>					