



DAHOUSE

HORARIOS

Y TIPO DE CLASES

SCHEDULE & CLASS TYPES

POR EDADES / BY AGES

BABY
BABY 3 - 5

KIDS
KIDS 6 - 9

JUNIOR
JUNIOR 10 - 13

TEENS
TEENS 14 - 17

ADULTOS
ADULTS + 18

TODAS LAS EDADES
ALL AGES

ENCUENTRA TU NIVEL / FIND YOUR LEVEL

 NIVEL ABIERTO
OPEN LEVEL

Pensado para quienes quieren iniciarse o disfrutar de una actividad sin importar su experiencia previa. Un espacio donde aprender, mejorar y sentirse parte de la comunidad DAHOUSE desde el primer día.

Designed for anyone who wants to get started or simply enjoy training, regardless of previous experience. Learn, move and become part of the DAHOUSE community from day one.

 NIVEL INTERMEDIO
INTERMEDIATE LEVEL

Para personas que ya cuentan con una base y desean seguir evolucionando. Entrenamientos con un mayor nivel de exigencia para continuar desarrollando técnica, rendimiento y confianza.

For those with previous experience who are ready to keep progressing. More challenging sessions focused on improving technique, performance and confidence.

 NIVEL PRO
PRO LEVEL

Programas de alto rendimiento dirigidos a personas con experiencia que buscan llevar su disciplina al máximo nivel. Entrenamientos diseñados para optimizar el rendimiento físico, técnico y mental.

High-performance training for experienced athletes and performers looking to reach their full potential. A demanding environment designed to maximize physical, technical and mental performance.

COMPETICIÓN
COMPETITION

Equipos de entrenamiento para quienes desean competir y representar a DAHOUSE.

An exclusive program for those who want to compete and represent DAHOUSE.

A dimly lit boxing gym with warm, orange-toned lighting. In the foreground, the silhouette of a person is seen from behind, lifting a large, dark, round weight (likely a kettlebell or heavy ball) above their head with both arms. The background is blurred, showing the outlines of boxing rings and other gym equipment.

CLASES EN BOX

BOX CLASSES

DAHOUSE

LUN

MON

06.45 AM
50min● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX ENGINE ®
DA COACH
halmabok08.00 AM
50min● ENTRENO FUNCIONAL
DA COACH
megabox● HALTEROFILIA
DA COACH
megabox● HYROX ENGINE ®
DA COACH
halmabok09.00 AM
50min● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX SKILLS ®
DA COACH
halmabok

MAR

TUE

06.45 AM
60min● ENTRENO FUNCIONAL
DA COACH
megabox● GYMNASTICS
DA COACH
megabox● HYROX INTERVALS ®
DA COACH
halmabok08.00 AM
60MIN● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX INTERVALS ®
DA COACH
halmabok09.00 AM
60MIN● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX POWER ®
DA COACH
halmabok

MIE

WED

06.45 AM
60min● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX POWER ®
DA COACH
halmabok08.00 AM
60min● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX POWER ®
DA COACH
halmabok09.00 AM
60min● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX SKILLS ®
DA COACH
halmabok

JUE

THU

06.45 AM
50min● ENTRENO FUNCIONAL
DA COACH
megabox● HALTEROFILIA
DA COACH
megabox● HYROX ENGINE ®
DA COACH
halmabok08.00 AM
50min● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX ENGINE ®
DA COACH
halmabok09.00 AM
50min● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX POWER ®
DA COACH
halmabok

VIE

FRY

06.45 AM
60min● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX INTERVALS ®
DA COACH
halmabok08.00 AM
60min● MOBILITY & RECOVERY
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX INTERVALS ®
DA COACH
halmabok09.00 AM
60min● ENTRENO FUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX ENGINE ®
DA COACH
halmabok

SAB

SAT

08.00 AM
60min● HYROX RACE ®
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox09.00 AM
60min● HYROX RACE ®
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox

LUN

MON

MAR

TUE

MIE

WED

JUE

THU

VIE

FRY

SAB

SAT

10.00 AM
50 min● FUNCIONAL ACTIVE +55
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox11.00 AM
50 min● CROSSFIT ®
DA COACH
megabox12.00 PM
50 min● CROSSFIT ®
DA COACH
megabox13.30 PM
50 min● ENTREN OFUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX ENGINE ®
DA COACH
hambbox10.00 AM
60 min● FUNCIONAL ACTIVE +55
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox11.00 AM
60 min● CROSSFIT ®
DA COACH
megabox12.00 PM
60 min● HALTEROFILIA
DA COACH
megabox13.30 PM
60 min● MOBILITY & RECOVERY
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX INTERNALS ®
DA COACH
hambbox10.00 AM
60 min● FUNCIONAL ACTIVE +55
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox11.00 AM
60 min● HALTEROFILIA
DA COACH
megabox12.00 PM
60 min● MOBILITY & RECOVERY
DA COACH
megabox13.30 PM
60 min● ENTREN OFUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX POWER ®
DA COACH
hambbox10.00 AM
50 min● FUNCIONAL ACTIVE +55
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox11.00 AM
60 min● MOBILITY & RECOVERY
DA COACH
megabox12.00 PM
60 min● CROSSFIT ®
DA COACH
megabox13.30 PM
50 min● ENTREN OFUNCIONAL
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox● HYROX ENGINE ®
DA COACH
hambbox10.00 AM
60 min● FUNCIONAL ACTIVE +55
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox11.00 AM
60 min● CROSSFIT ®
DA COACH
megabox12.00 PM
60 min● CROSSFIT ®
DA COACH
megabox13.30 PM
60 min● ENTREN OFUNCIONAL
DA COACH
megabox● GYMNASTICS
DA COACH
megabox● HYROX SKILLS ®
DA COACH
hambbox10.00 AM
60 min● HYROX TEAM RACE ®
DA COACH
megabox● CROSSFIT ®
DA COACH
megabox

LUN

MON

MAR

TUE

MIE

WED

JUE

THU

VIE

FRY

SAB

SAT

14.30 PM

50 min

 CROSSFIT ®
DA COACH
megabox

14.30 PM

60 min

 CROSSFIT ®
DA COACH
megabox

14.30 PM

60 min

 CROSSFIT ®
DA COACH
megabox

14.30 PM

50 min

 CROSSFIT ®
DA COACH
megabox

14.30 PM

60 min

 CROSSFIT ®
DA COACH
megabox

15.30 PM

50 min

 CROSSFIT ®
DA COACH
megabox

15.30 PM

60 min

 CROSSFIT ®
DA COACH
megabox

15.30 PM

60 min

 CROSSFIT ®
DA COACH
megabox

15.30 PM

60 min

 CROSSFIT ®
DA COACH
megabox

15.30 PM

60 min

 CROSSFIT ®
DA COACH
megabox

16.30 PM

50 min

 ENTRENOFUNCIONAL
DA COACH
megabox

16.30 PM

60 min

 ENTRENOFUNCIONAL
DA COACH
megabox

16.30 PM

60 min

 MOBILITY & RECOVERY
DA COACH
megabox

16.30 PM

50 min

 HALTEROFILIA
DA COACH
megabox

16.30 PM

60 min

 ENTRENOFUNCIONAL
DA COACH
megabox

 CROSSFIT ®
DA COACH
megabox

 CROSSFIT ®
DA COACH
megabox

 CROSSFIT ®
DA COACH
megabox

 CROSSFIT ®
DA COACH
megabox

 CROSSFIT ®
DA COACH
megabox

17.30 PM

50 min

 CROSSFITTEENS ® 11-15 a
DA COACH
megabox

17.30 PM

60 MIN

 CROSSFITKIDS ® 6-10 a
DA COACH
megabox

17.30 PM

60 min

 CROSSFITTEENS ® 11-15 a
DA COACH
megabox

17.30 PM

50 min

 CROSSFITKIDS ® 11-15 a
DA COACH
megabox

17.30 PM

60 min

 CROSSFITTEENS ® 11-15 a
DA COACH
megabox

 CROSSFIT ®
DA COACH
megabox

 CROSSFIT ®
DA COACH
megabox

 CROSSFIT ®
DA COACH
megabox

 CROSSFIT ®
DA COACH
megabox

 CROSSFIT ®
DA COACH
megabox

 HYROX POWER ®
DA COACH
megabox

 HYROX ENGINE ®
DA COACH
megabox

 HYROX INTERVALS ®
DA COACH
megabox

 HYROX SKILLS ®
DA COACH
megabox

 HYROX ENGINE ®
DA COACH
megabox

LUN
MON

MAR
TUE

MIE
WED

JUE
THU

VIE
FRI

SAB
SAT

18.30 PM
50min

- ENTRENO FUNCIONAL
DA COACH
megabox
- CROSSFIT ®
DA COACH
megabox
- HYROX POWER ®
DA COACH
halmabox

18.30 PM
60 MIN

- ENTRENO FUNCIONAL
DA COACH
megabox
- CROSSFIT ®
DA COACH
megabox
- HYROX ENGINE ®
DA COACH
halmabox

18.30 PM
60min

- GYMNASTICS
DA COACH
megabox
- CROSSFIT ®
DA COACH
megabox
- HYROX INTERVALS ®
DA COACH
halmabox

18.30 PM
50min

- ENTRENO FUNCIONAL
DA COACH
megabox
- CROSSFIT ®
DA COACH
megabox
- HYROX SKILLS ®
DA COACH
halmabox

18.30 PM
60min

- HALTEROFILIA
DA COACH
megabox
- CROSSFIT ®
DA COACH
megabox
- HYROX ENGINE ®
DA COACH
halmabox

19.30 PM
50min

- ENTRENO FUNCIONAL
DA COACH
megabox
- CROSSFIT ®
DA COACH
megabox

19.30 PM
60 MIN

- ENTRENO FUNCIONAL
DA COACH
megabox
- HALTEROFILIA
DA COACH
megabox

19.30 PM
60min

- ENTRENO FUNCIONAL
DA COACH
megabox
- CROSSFIT ®
DA COACH
megabox

19.30 PM
60min

- ENTRENO FUNCIONAL
DA COACH
megabox
- CROSSFIT ®
DA COACH
megabox

19.30 PM
60min

- ENTRENO FUNCIONAL
DA COACH
megabox
- CROSSFIT ®
DA COACH
megabox

19.30 PM
50min

- HYROX COMPETICION ®
DA COACH
halmabox

19.30 PM
60min

- HYROX COMPETICION ®
DA COACH
halmabox

19.30 PM
60min

- HYROX COMPETICION ®
DA COACH
halmabox

19.30 PM
60min

- HYROX COMPETICION ®
DA COACH
halmabox

19.30 PM
60min

- HYROX COMPETICION ®
DA COACH
halmabox

20.30 PM
50min

- MOBILITY & RECOVERY
DA COACH
megabox

20.30 PM
60min

- CROSSFIT ®
DA COACH
megabox

20.30 PM
60min

- CROSSFIT ®
DA COACH
megabox

20.30 PM
60min

- GYMNASTICS
DA COACH
megabox

20.30 PM
60min

- CROSSFIT ®
DA COACH
megabox

OPEN BOX & STRENGTH AREA

El Open Box y la Sala de Fuerza y Musculación permanecerán abiertos de **07:00 a 21:00 h.**
Se solicita un uso responsable, respetuoso y autónomo de ambas zonas. Cada usuario será responsable del correcto uso y cuidado del material, así como de mantener un ambiente de respeto y convivencia con el resto de atletas.

*The Open Box and Strength Training Area are available from **7:00 AM to 9:00 PM.**
Members are expected to use both areas responsibly and independently. Each member is responsible for taking proper care of the equipment and showing respect to fellow athletes at all times.*

DAHOUSE



CLASES DE BAILE

DANCE CLASSES

DAHOUSE

POR EDADES / BY AGES

BABY
BABY 3 - 5

KIDS
KIDS 6 - 9

JUNIOR
JUNIOR 10 - 13

TEENS
TEENS 14 - 17

ADULTOS
ADULTS + 18

TODAS LAS EDADES
ALL AGES

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COMPETITION

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LUN

MON

16.30 PM
50 min

● URBAN DANCE BABY
VALERIA PRATS
el estudio

90 MIN

● WACKING ALL AGES
TOMEU CASTELL
mega sala

17.30 PM
50 min

● URBAN DANCE KIDS
CAROL OSSORIO
el cubo

● URBAN DANCE TEENS
JENNI MARTIN X SKYLAB
el cubo

18.00 PM

90 MIN

IRIS COMPETICIÓN
VALENTINACORTI
mega sala

MAR

TUE

16.30 PM
60 min

● BALLET ALL AGES
ALBA LLADO
mega sala

17.00 PM

90 MIN

● HEELS ADULTS + 18
NAHARA GONZALEZ X SKYLAB
mega sala

17.30 PM
60 MIN

● URBAN DANCE BABY
LAURA CAROLINA
flow studio

● URBAN DANCE JUNIOR
CARLO OSSORIO
mega sala

● URBAN DANCE JUNIOR
ALEXANDRO PORCEL
el estudio

MIE

WED

16.30 PM
60 min

● URBAN DANCE BABY
VALERIA PRATS
el estudio

17.30 PM
60 min

● URBAN DANCE KIDS
CAROL OSSORIO
el cubo

● URBAN DANCE TEENS
JENNI MARTIN X SKYLAB
mega sala

● DANZA ORIENTAL ADULTS
ZARA LUNA
el cubo

JUE

THU

17.30 PM
50 min

● URBAN DANCE BABY
LAURA CAROLINA
el cubo

● URBAN DANCE JUNIOR
CARLO OSSORIO
mega box

● URBAN DANCE JUNIOR
SERGIO CARRERAS
el estudio

VIE

FRI

17.30 PM

90 MIN

● URBAN DANCE JUNIOR
CARLO OSSORIO
el estudio

18.00 PM

90 MIN

● HEELS ADULTS + 18
VALENTINACORTI
mega sala

SAB

SAT

11.00 AM

120 MIN

ANTS COMPETICIÓN
VALERIA MARTINEZ
mega sala

16.30 PM

120 MIN

DA MEGA COMPETICIÓN
ALEX PORCEL & NEREA C.
mega sala

DOM

SUN

16.30 PM

120 MIN

DA FOC COMPETICIÓN
MARIA SALVET
mega sala

16.30 PM

150 MIN

DA ICON INTERNATIONAL
INTERNATION TEACHERS
mega sala

LUN
MON

18.30 PM
60min

● URBAN DANCE JUNIOR
CAROL OSSORIO
el estudio

● **CONTEMPORANEO ADULTS**
ZOE GHYSLER
low studio

● **FLAMENCO PURO ALL AGES**
PROFESOR X FLAMENCO
el cubo

90MIN

MAR
TUE

18.30 PM
60MIN

● URBAN DANCE KIDS
CAROL OSSORIO
el estudio

● COMMERCIAL DNC TEENS
LAURA CAROLINA
mega sala

● **SALSA I ADULTS**
ADRIAN SEVILLA
el cubo

● CONTEMPORANEO JUNIOR
LUNA RODRIGUEZ
low studio

MIE
WED

18.30 PM
60min

● URBAN DANCE JUNIOR
CAROL OSSORIO
el estudio

● **CONTEMPORANEO TEENS**
NABARA GONZALEZ
mega sala

90MIN

JUE
THU

18.30 PM
60min

● URBAN DANCE KIDS
CAROL OSSORIO
el estudio

● COMMERCIAL DNC TEENS
LAURA CAROLINA
mega sala

● **VIXX DANCE ADULTS**
EUIS GONZALEZ
el cubo

VIE
FRI

SAB
SAT

19.30 PM
60min

● **DINZAFRICANA LIVE MUSIC**
MARIAN CRESPO
el estudio

● **HIP-HOP ADULTS**
NORELA
el cubo

● **HEELS ADULTS + 16**
VALENTINA CORTI
mega sala

90MIN

90MIN

90MIN

19.30 PM
60MIN

● **CONTEMPORANEO TEENS**
ZOE GHYSLER
el estudio

● **SALSA II ADULTS**
ADRIAN SEVILLA
el cubo

● **COMMERCIAL DNC ALL AGES**
ALEJANDRO PORCEL
mega sala

90MIN

90MIN

19.30 PM

DA BLASTERS COMPETICIÓN
CAROL Y TOMEU
el estudio

90MIN

19.30 PM
60min

● URBAN DANCE ADULTS
NABARA Y NORELA
el estudio

● **SACHATA I PAREJAS ADULTS**
JULIE JORDAN
el cubo

● **LOS DA'KI ALL AGES**
FORMACION ROTATIVA
mega sala

90MIN

90MIN

19.30 PM

● **COMMERCIAL DNC ALL AGES**
VALENTINA CORTI
mega sala

90MIN

LUN

MON

20.00 PM

60min

60MIN

- URBAN SMOOTH ALL AGES
- AIDA PLOMER
- low studio

MAR

TUE

20.30 PM

60min

- SALSA FUSION ADULTS + 18
- ADRIAN SEVILLA
- el cubo

MIE

WED

20.00 PM

60min

- SALSA PAREJAS
- TERE ROA Y PABLO PERALTA
- maga sala

60MIN

- URBAN SMOOTH ALL AGES
- YAGO POLI
- el cubo

JUE

THU

20.30 PM

60min

- BACHATA CHICAS ADULTXS
- JULIE JORDAN
- el cubo

VIE

FRY

20.00 PM

60min

60MIN

- DANCEHALL QUEEN ADULTS
- QUEEN MANDY
- el cubo

SAB

SAT



DAHOUSE

YOGA Y PILATES

YOGA & PILATES

DAHOUSE

LUN
MON

MAR
TUE

MIE
WED

JUE
THU

VIE
FRI

SAB
SAT

08:00 AM
60min

● VINNASSA YOGA
MARTA ALBERTI
flow studio

08:00 AM
90min

● PILATES SUELO
PROFESORX PILATES
flow studio

08:00 AM
90min

● BARRE FIT
PROFESORX BARRE FIT
flow studio

08:00 AM
60min

● VINNASSA YOGA
MARTA ALBERTI
flow studio

08:00 AM
60min

● HATHA YOGA
MARTA ALBERTI
flow studio

09:30 AM
60min

● VINNASSA YOGA
MARTA ALBERTI
flow studio

09:00 AM
60min

● PILATES SUELO
PROFESORX PILATES
flow studio

09:00 AM
90min

● BARRE FIT
PROFESORX BARRE FIT
flow studio

09:00 AM
90min

● PILATES SUELO
PROFESORX PILATES
flow studio

09:00 AM
45min

● MEDITACION & PRANAYAMA
MARTA ALBERTI
flow studio

09:00 AM
60min

● PILATES SUELO
PROFESORX PILATES
flow studio

10:30 AM
60min

● SLOW YOGA
MARTA ALBERTI
flow studio

10:00 AM
60min

● SLOW YOGA
MARTA ALBERTI
flow studio

10:00 AM
90min

● STRETCHING
PROFESORX PILATES
flow studio

10:00 AM
60min

● PILATES SUELO
PROFESORX PILATES
flow studio

10:00 AM
60min

● SLOW YOGA
MARTA ALBERTI
flow studio

16:30 PM
60min

● STRETCHING
JOE GYSSLEF
flow studio

16:30 PM
90min

● YOGA VINNASSA
MARTA ALBERTI
flow studio

17:30 PM
60min

● BARRE FIT
JOE GYSSLEF
flow studio

17:30 PM
90min

● YOGA KIDS
PROFESORX YOGA
flow studio

17:30 PM
60min

● SLOW YOGA
MARTA ALBERTI
flow studio

17:30 PM
60min

● PILATES SUELO
PROFESORX PILATES
flow studio

18:30 PM
90min

● PILATES SUELO
PROFESORX PILATES
flow studio

18:30 PM
60min

● VINNASSA YOGA
MARTA ALBERTI
flow studio

18:30 PM
60min

● ANIMAL FLOW
PROFESORX ANIMAL
flow studio

19:30 PM
90min

● YIN & CANDLELIGHT
MARTA ALBERTI
flow studio

19:30 PM
90min

● BARRE FIT
PROFESORX PILATES
flow studio

19:30 PM
60min

● STRETCHING
MARTA ALBERTI
flow studio

19:30 PM
60min

● STRETCHING
PROFESORX PILATES
flow studio

A high-angle, top-down photograph of two women in a Pilates studio. They are positioned on wooden Pilates reformer machines, which are laid out diagonally across the frame. The woman in the upper left is wearing a white tank top and dark pants, and is in a seated position. The woman in the lower right is also wearing a white tank top and dark pants, and is lying on her back with her knees bent. The background is a plain, light-colored floor. The text "PILATES MAQUINAS" and "REFORMER PILATES" is overlaid in large, white, sans-serif capital letters.

PILATES MAQUINAS

REFORMER PILATES

DAHOUSE

LUN
MON

MAR
TUE

MIE
WED

JUE
THU

VIE
FRI

SAB
SAT

07:00 AM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

07:00 AM
50min

● REFORMER INTERMEDIO
/ PROFESOR/REFORMER
vilomar studio

07:00 AM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

07:00 AM
50min

● REFORMER INTERMEDIO
/ MARIAN CRISCO
vilomar studio

07:00 AM
50min

● REFORMER INICIO
/ MARIAN CRISCO
vilomar studio

08:00 AM
50min

● REFORMER INTERMEDIO
/ PROFESOR/REFORMER
vilomar studio

08:00 AM
50min

● REFORMER INTERMEDIO
/ PROFESOR/REFORMER
vilomar studio

08:00 AM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

08:00 AM
50min

● REFORMER INTERMEDIO
/ PROFESOR/REFORMER
vilomar studio

09:00 AM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

09:00 AM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

10:00 AM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

10:00 AM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

10:00 AM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

16:30 PM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

16:30 PM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

16:30 PM
50min

● REFORMER INTERMEDIO
/ PROFESOR/REFORMER
vilomar studio

16:30 PM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

17:30 PM
50min

● REFORMER INTERMEDIO
/ PROFESOR/REFORMER
vilomar studio

17:30 PM
50min

● REFORMER INTERMEDIO
/ PROFESOR/REFORMER
vilomar studio

17:30 PM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

17:30 PM
50min

● REFORMER INTERMEDIO
/ PROFESOR/REFORMER
vilomar studio

17:30 PM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

18:30 PM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

18:30 PM
50min

● REFORMER INICIO
/ PROFESOR/REFORMER
vilomar studio

The background of the image is a dimly lit indoor cycling studio. Several stationary bikes are visible, arranged in rows. The lighting is warm and low, creating a moody atmosphere. The bikes are dark in color, and the floor appears to be a light-colored material, possibly wood or a polished floor.

INDOOR CYCLING

INDOOR CYCLING

DAHOUSE

LUN
MON

MAR
TUE

MIE
WED

JUE
THU

VIE
FRI

SAB
SAT

06.45 AM
50 min

● **SPINNING**
INDOOR CYCLING COACH
ride studio

06.45 AM
50 min

● **DA RIDE AND BEAT**
MARIA FERNANDA
ride studio

06.45 AM
50 min

● **SPINNING**
MARIA FERNANDA
ride studio

06.45 AM
50 min

● **DA RIDE AND BEAT**
MARIA FERNANDA
ride studio

06.45 AM
50 min

● **SPINNING**
INDOOR CYCLING COACH
ride studio

08.00 AM
50 min

● **DA RIDE AND BEAT**
INDOOR CYCLING COACH
ride studio

08.00 AM
50 min

● **SPINNING**
MARIA FERNANDA
ride studio

08.00 AM
50 min

● **DA RIDE AND BEAT**
MARIA FERNANDA
ride studio

08.00 AM
50 min

● **SPINNING**
MARIA FERNANDA
ride studio

08.00 AM
50 min

● **DA RIDE AND BEAT**
INDOOR CYCLING COACH
ride studio

08.00 AM
50 min

● **DA RIDE AND BEAT**
INDOOR CYCLING COACH
ride studio

09.00 AM
50 min

● **RECOVERY RIDE**
INDOOR CYCLING COACH
ride studio

09.00 AM
50 min

● **ENDURANCE RIDE**
MARIA FERNANDA
ride studio

09.00 AM
50 min

● **RECOVERY RIDE**
MARIA FERNANDA
ride studio

09.00 AM
50 min

● **DA RIDE AND BEAT**
MARIA FERNANDA
ride studio

09.00 AM
50 min

● **ENDURANCE RIDE**
INDOOR CYCLING COACH
ride studio

09.00 AM
50 min

● **SPINNING**
INDOOR CYCLING COACH
ride studio

17.30 PM
50 min

● **DA RIDE AND BEAT**
INDOOR CYCLING COACH
ride studio

17.30 PM
50 min

● **SPINNING**
INDOOR CYCLING COACH
ride studio

17.30 PM
50 min

● **DA RIDE AND BEAT**
INDOOR CYCLING COACH
ride studio

17.30 PM
50 min

● **SPINNING**
ELVIS GONZALEZ
ride studio

17.30 PM
50 min

● **RECOVERY RIDE**
INDOOR CYCLING COACH
ride studio

10.30 AM
50 min

● **DA RIDE AND BEAT**
INDOOR CYCLING COACH
ride studio

18.30 PM
50 min

● **SPINNING**
INDOOR CYCLING COACH
ride studio

18.30 PM
50 min

● **ENDURANCE RIDE**
INDOOR CYCLING COACH
ride studio

18.30 PM
50 min

● **SPINNING**
INDOOR CYCLING COACH
ride studio

18.30 PM
50 min

● **ENDURANCE RIDE**
INDOOR CYCLING COACH
ride studio

18.30 PM
50 min

● **DA RIDE AND BEAT**
INDOOR CYCLING COACH
ride studio

19.30 PM
50 min

● **RECOVERY RIDE**
INDOOR CYCLING COACH
ride studio

19.30 PM
50 min

● **DA RIDE AND BEAT**
INDOOR CYCLING COACH
ride studio

19.30 PM
50 min

● **RECOVERY RIDE**
INDOOR CYCLING COACH
ride studio

19.30 PM
50 min

● **DA RIDE AND BEAT**
ELVIS GONZALEZ
ride studio

19.30 PM
50 min

● **SPINNING**
INDOOR CYCLING COACH
ride studio

A warm, dimly lit sauna filled with people. Many individuals are lying on wooden benches, some with their arms raised in a stretching motion. The atmosphere is relaxed and communal. The lighting is a warm, golden-brown color, creating a cozy and intimate feel. The text 'PRECIOS' and 'PRICING' is overlaid in the center, and 'DAHOUSE' is at the bottom.

PRECIOS PRICING

DAHOUSE

LAS ILIMITADAS

PARA NO SALIR NUNCA DE CASA

LIMITADA
DE **BAILE**

€89

SIN MATRICULA
NI PERMANENCIA

INCLUYE FORMACIÓN LOS DÍAS * KI
+ 2 GRUPOS COMPETICIÓN

*EN NINGÚN CASO SE INCLUYE GRUPO DAFOC

ILIMITADA
CON **TODOS**

€110

POPULAR

SIN MATRICULA
NI PERMANENCIA

INCLUYE **TODAS LAS ACTIVIDADES**
DE NUESTRO CENTRO

*EXCEPTO PILATES REFORMER

*EN NINGÚN CASO SE INCLUYE GRUPO DAFOC

LAS DE BAILE

4 CLASES AL MES
DE 1 HORA

€40

SIN MATRICULA
NI PERMANENCIA

PUEDES COMBINAR
LOS ESTILOS COMO QUIERAS
ENTRE CLASES DE 1 HORA
(CONSULTA LOS HORARIOS)

4 CLASES AL MES
DE 1'5 HORAS

€50

SIN MATRICULA
NI PERMANENCIA

PUEDES COMBINAR
LOS ESTILOS COMO QUIERAS
ENTRE CLASES DE 1'5 HORAS
(CONSULTA LOS HORARIOS)

8 CLASES AL MES
DE 1 HORA

€60

SIN MATRICULA
NI PERMANENCIA

PUEDES COMBINAR
LOS ESTILOS COMO QUIERAS
ENTRE CLASES DE 1 HORA
(CONSULTA LOS HORARIOS)

4 CLASES DE 1 HORA
+ 4 CLASES DE 1'5 HORAS

€70

SIN MATRICULA
NI PERMANENCIA

PUEDES COMBINAR
LOS ESTILOS COMO QUIERAS
(CONSULTA LOS HORARIOS)

POPULAR

CLASE SUELTA
DE 1 HORA

€20

PUEDES UTILIZAR ESTA TARIFA
EN CUALQUIER CLASE DE BAILE
QUE DURE 1 HORA

CLASE SUELTA
DE 1'5 HORAS

€25

PUEDES UTILIZAR ESTA TARIFA
EN CUALQUIER CLASE DE BAILE
QUE DURE 1'5 HORAS

*INCLUYE DANZA AFRICANA
Y FORMACIÓN LOS DÍAS 'X'

BONO
3 HORAS

€45

COMBINA LAS CLASES DE BAILE
COMO TU QUIERAS

*DURACION 2 MESES
DESDE EL DÍA DE LA COMPRA

BONO
6 HORAS

€75

COMBINA LAS CLASES DE BAILE
COMO TU QUIERAS

*DURACION 2 MESES
DESDE EL DÍA DE LA COMPRA

PERFORMANCE

CROSSFIT/HYROX/CYCLING/PILATES SUELO/YOGA

2 SESIONES / MES
+ 2 OPEN BOX

€35

SIN MATRICULA
NI PERMANENCIA

PUEDES COMBINAR LAS
DISCIPLINAS COMO QUIERAS

*ACCESO LIMITADO A LA ZONA
DE FUERZA Y MUSCULACION

4 SESIONES / MES
+ 4 OPEN BOX

€59

SIN MATRICULA
NI PERMANENCIA

PUEDES COMBINAR LAS
DISCIPLINAS COMO QUIERAS

*ACCESO LIMITADO A LA ZONA
DE FUERZA Y MUSCULACION

8 SESIONES / MES
+ 4 OPEN BOX

€79

SIN MATRICULA
NI PERMANENCIA

PUEDES COMBINAR LAS
DISCIPLINAS COMO QUIERAS

*ACCESO LIMITADO A LA ZONA
DE FUERZA Y MUSCULACION

CLASE SUELTA
DROP-IN

€20

PUEDES UTILIZAR EL DROP-IN
PARA DISFRUTAR DE UNA CLASE
DIRIGIDA U OPEN BOX

*ACCESO INCLUIDO A LA ZONA
DE FUERZA Y MUSCULACION

REFORMER

PILATES MAQUINAS

5 SESIONES

€60

SIN MATRICULA
NI PERMANENCIA

DURACION 1 MES
DESDE EL DÍA DE COMPRA

*ACCESO LIMITADO A LA ZONA
DE FUERZA Y MUSCULACION

10 SESIONES

€100

SIN MATRICULA
NI PERMANENCIA

DURACION 2 MESES
DESDE EL DÍA DE COMPRA

*ACCESO LIMITADO A LA ZONA
DE FUERZA Y MUSCULACION

POPULAR

20 SESIONES

€150

SIN MATRICULA
NI PERMANENCIA

DURACION 3 MESES
DESDE EL DÍA DE COMPRA

*ACCESO LIMITADO A LA ZONA
DE FUERZA Y MUSCULACION

CLASE SUELTA
DROP-IN

€20

*ACCESO INCLUIDO A LA ZONA
DE FUERZA Y MUSCULACION

DESCUENTOS

2 MIEMBROS DE LA MISMA FAMILIA ; 20% DESCUENTO PARA UNO DE LOS DOS

** Padres, hijos o hermanos*

3 MIEMBROS DE LA MISMA FAMILIA ; 10% DESCUENTO SOBRE EL TOTAL

4 MIEMBROS DE LA MISMA FAMILIA; 1 CUOTA GRATIS

** Los descuentos se aplicarán siempre sobre la tarifa de menor importe*

** Los descuentos no son acumulables entre sí*