

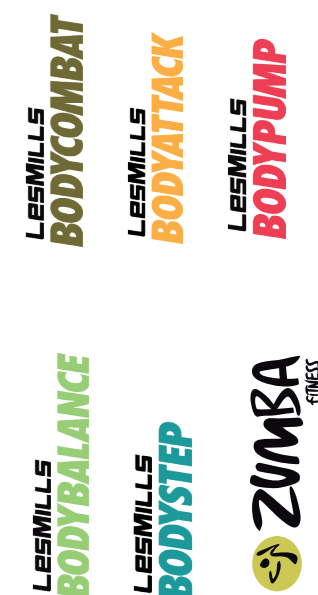
# HORARIO DE ACTIVIDADES DIRIGIDAS

## MAÑANA

## TARDE

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
SALA 1	7:15	8:15		BODYPUMP		BODYPUMP			
SALA 3	7:15	8:05	a!CYCLING		a!CYCLING				
SALA 2	7:30	8:25					ESPALDA SANA		
FITNESS	7:30	7:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'		
SALA 2	8:15	9:10		PILATES		BODYBALANCE			
FITNESS	8:30	8:45	ABD 15'	ABD 15'	INGRAVITY	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 2	8:30	9:25					PILATES AVANZADO		
PISCINA	8:45	9:30	AQUACARDIO	AQUACARDIO	AQUACARDIO	AQUACARDIO			
SALA 4	9:30	10:15	HIPOPRESIVOS						
FITNESS	9:30	9:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	9:30	10:30	BODYPUMP	BODYATTACK	BODYSTEP	ZUMBA	BODYPUMP		
SALA 2	9:30	10:30	a!WELLNESS	BODYBALANCE	a!WELLNESS	BODYBALANCE	PILATES		
SALA 3	9:30	10:20		a!CYCLING		a!CYCLING			
PISCINA	9:30	10:15	AQUAFITNESS	AQUAFITNESS		AQUAFITNESS	AQUACARDIO		
OUTDOOR	9:30	10:25			a!PASEAR		a!PASEAR		
SALA 4	9:45	10:30			HIPOPRESIVOS				
PISCINA	9:45	10:30		NEW AQUABALANCE					
SALA 1	10:00	11:00					BODYCOMBAT	ZUMBA	
PISCINA	10:00	10:45							
PISCINA	10:15	11:00			NEW AQUABALANCE	NEW AQUABALANCE			
FITNESS	10:30	10:45	ABD 15'		ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
FITNESS	10:30	11:00		a!WOD 30'		a!WOD 30'			
SALA 1	10:30	11:30	BODYCOMBAT	NEW BODYSTEP	BODYPUMP	BODYATTACK	ZUMBA		
SALA 2	10:30	11:30	PILATES		PILATES		STRETCHING		
SALA 2	10:30	12:00		YOGA					
SALA 3	10:30	11:20			a!CYCLING		a!CYCLING	a!CYCLING	a!CYCLING
PISCINA	10:30	11:15	NEW AQUABALANCE	NEW AQUABALANCE	AQUAFITNESS				
OUTDOOR	10:30	11:25	a!PASEAR						
SALA 1	11:00	12:00						BODYPUMP	BODYPUMP
SALA 2	11:00	12:30				YOGA			
SALA 3	11:00	12:00							
OUTDOOR	11:00	11:55			a!PÁDEL				
FITNESS	11:30	11:45					ABD 15'	ABD 15'	
FITNESS	11:30	12:00	INGRAVITY 30'	ABD 15'	INGRAVITY 30'	ABD 15'	INGRAVITY 30'		
SALA 1	11:30	12:30	ZUMBA			ZUMBA			
SALA 2	11:30	12:30	ESPALDA SANA		ESPALDA SANA				
SALA 1	12:00	13:00					STRETCHING	ZUMBA	
SALA 2	12:00	13:00				TAI CHI			
SALA 3	12:00	13:00					a!CYCLING	a!CYCLING	
FITNESS	12:30	12:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
FITNESS	13:30	13:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 3	14:00	14:50	a!CYCLING				a!CYCLING		
OUTDOOR	14:00	14:55	a!PÁDEL						
FITNESS	14:30	14:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	14:30	15:30	BODYSTEP	BODYATTACK	BODYPUMP	BODYCOMBAT	BODYSTEP		
SALA 2	14:30	15:30					PILATES		
SALA 3	14:30	15:20		a!CYCLING		a!CYCLING			
SALA 2	15:00	15:55	BODYBALANCE						
FITNESS	15:30	15:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	15:30	16:30	BODYPUMP						
SALA 2	15:30	16:30		PILATES					
SALA 3	15:30	16:20			a!CYCLING				

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
PISCINA	16:00	16:45		NEW AQUABALANCE					
FITNESS	16:30	16:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 2	16:30	17:25				YOGA			
SALA 1	17:00	17:55	PILATES		NEW ZUMBA				
SALA 4	17:00	17:45		HIPOPRESIVOS					
FITNESS	17:30	18:00	INGRAVITY 30'	a!WOD 30'	INGRAVITY 30'	a!WOD 30'	INGRAVITY 30'	a!WOD 30'	INGRAVITY 30'
SALA 1	17:30	18:30				BODYPUMP			
SALA 2	17:30	18:55	LUDOTECA	a!KIDS/Ludoteca	LUDOTECA	a!KIDS/Ludoteca			
SALA 3	17:30	18:20		a!CYCLING		a!CYCLING			
SALA 4	17:30	18:25				PILATES AVANZADO			
SALA 1	18:00	19:00	ZUMBA	BODYATTACK	ZUMBA		BODYPUMP		
SALA 2	18:00	19:00					BODYBALANCE		
SALA 3	18:00	18:50	a!CYCLING		a!CYCLING				
SALA 4	18:00	18:55		STRETCHING					
SALA 2	18:15	19:10	HIPOPRESIVOS						
FITNESS	18:30	18:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	18:30	19:30				ZUMBA			
SALA 2	18:30	19:00			STRETCHING				
SALA 3	18:30	19:20					a!CYCLING		
SALA 4	18:30	19:25				YOGA			
PISCINA	18:30	19:30						RELAXTIME	RELAXTIME
SALA 1	19:00	19:55	NEW BODYSTEP	BODYCOMBAT	BODYPUMP		BODYCOMBAT		
SALA 2	19:00	20:00	BODYBALANCE	PILATES	PILATES	PILATES	PILATES		
SALA 3	19:00	19:50		a!CYCLING		a!CYCLING			
SALA 3	19:15	20:05	a!CYCLING						
SALA 4	19:15	19:45	BODYBALANCE FLEXIBILITY		BODYBALANCE STRENGTH				
PISCINA	19:15	20:00	NEW AQUABALANCE						
FITNESS	19:30	19:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'		
SALA 1	19:30	20:30				BODYATTACK			
SALA 3	19:30	20:20					a!CYCLING		
SALA 4	19:30	20:15				HIPOPRESIVOS			
PISCINA	19:30	20:15			AQUACARDIO				
PISCINA	19:45	20:30				AQUACARDIO			
SALA 1	20:00	21:00	BODYPUMP	ZUMBA	BODY COMBAT				
SALA 2	20:00	21:00	PILATES	BODYBALANCE	BODYBALANCE				
SALA 2	20:00	20:30				STRETCHING 30'			
SALA 2	20:00	20:45					HIPOPRESIVOS		
SALA 3	20:00	20:50					a!CYCLING		
PISCINA	20:00	20:45				AQUAFITNESS			
PISCINA	20:00	21:00	a!SWIM		a!SWIM				
PISCINA	20:15	21:00	NEW AQUABALANCE						
OUTDOOR	20:00	21:00		AmigosRUNNING		AmigosRUNNING			
FITNESS	20:30	20:45	ABD 15'	ABD 15'	INGRAVITY 30'	ABD 15'			
SALA 1	20:30	21:30				a!FIT			
SALA 2	20:30	21:30				BODYBALANCE			
SALA 3	20:30	21:20		a!CYCLING					
FITNESS	21:00	21:30					a!WOD 30'		
SALA 1	21:00	22:00	BODYATTACK	a!FIT	BODYSTEP				
SALA 2	21:00	21:45	HIPOPRESIVOS						
SALA 2	21:00	21:55		ESPALDA SANA					
SALA 4	21:00	22:00	STRETCHING						
SALA 3	21:00	21:50	a!CYCLING			a!CYCLING	a!CYCLING		
PISCINA	21:00	21:45	AQUAWOD		AQUAWOD	NEW AQUABALANCE			
FITNESS	21:30	21:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'			
PISCINA	21:30	22:30	RELAXTIME	RELAXTIME	RELAXTIME	RELAXTIME			



La dirección se reserva el derecho de modificar los horarios según las necesidades del club.

- ACTIVIDADES CUERPO Y MENTE
- ACTIVIDADES CARDIOVASCULARES
- CYCLING
- ACTIVIDADES EXPRESS

- ACTIVIDADES TONIFICACIÓN
- ACTIVIDADES BAILA
- ACTIVIDADES OUTDOOR
- ACTIVIDADES AGUA