

| LUNES            |                |                 |              | MARTES               |                               |                                  |                      | MIÉRCOLES      |                |                 |                      | JUEVES                  |                               |                |                      | VIERNES                         |           |           |                      | SÁBADO                             |         | DOMINGO                       |                  |
|------------------|----------------|-----------------|--------------|----------------------|-------------------------------|----------------------------------|----------------------|----------------|----------------|-----------------|----------------------|-------------------------|-------------------------------|----------------|----------------------|---------------------------------|-----------|-----------|----------------------|------------------------------------|---------|-------------------------------|------------------|
| SALA 1           | SALA 2         | SALA 6          | AGUA         | SALA 1               | SALA 2                        | SALA 6                           | AGUA                 | SALA 1         | SALA 2         | SALA 6          | AGUA                 | SALA 1                  | SALA 2                        | SALA 6         | AGUA                 | SALA 1                          | SALA 2    | SALA 6    | AGUA                 | SALA 2                             | SALA 6  | AGUA                          |                  |
| 07:00            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 07:00            |
| 07:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 07:30            |
| 08:00            | CROSS TRAINING |                 |              |                      | BODY FIT                      |                                  |                      | PILATES        |                |                 |                      |                         | HIIT+CORE                     |                |                      |                                 |           | BIKE 45   |                      |                                    |         |                               | 08:00            |
| 08:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 08:30            |
| 09:00            | ZUMBA SENIOR   | STRECHING       |              | AQUA FITNESS EXPRESS | STRECHING                     | ACTIVIDAD FÍSICA SERNIOR         | AQUA FITNESS EXPRESS | GAP            | STRECHING      |                 | AQUA FITNESS EXPRESS | STRECHING               | ZUMBA SENIOR                  |                | AQUA FITNESS EXPRESS | ACTIVIDAD FÍSICA SERNIOR        | STRECHING |           | AQUA FITNESS EXPRESS | CORRECCION ESTILOS DE NADO EXPRESS |         |                               | 09:00            |
| 09:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 09:30            |
| 10:00            | PILATES        | GLOBAL TRAINING | BIKE 45      | AQUA RUNNING         | ZUMBA                         | PILATES                          | BIKE 45              | AQUA FITNESS   | PILATES        | HIIT+CORE       | BIKE 45              | AQUA RUNNING            | C-BOX                         | PILATES        |                      | AQUA FITNESS                    | BODY FIT  | PILATES   |                      |                                    | YOGA    |                               | 10:00            |
| 10:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 10:30            |
| 11:00            | YOGA           | GAP             | BIKE 45      |                      | YOGA                          | BODY FIT                         |                      |                | YOGA           | ZUMBA           |                      |                         | YOGA                          | BODY FIT       | BIKE 45              |                                 | YOGA      | FULL BODY | BIKE 45              |                                    |         | SALA 1 CLUB DE ENTRENAMIENTO  | 11:00            |
| 11:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 11:30            |
| 12:00            |                | BODY FIT        |              |                      | YOGA                          |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    | BIKE 45 |                               | 12:00            |
| 12:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 12:30            |
| 13:00            |                |                 | AQUA FITNESS |                      |                               |                                  |                      |                |                |                 | AQUA FITNESS         |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 13:00            |
| 13:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 13:30            |
| 14:00            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 14:00            |
| 14:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 14:30            |
| 15:00            | HIIT + CORE    | BIKE 45         |              |                      | GLOBAL TRAINING               | BIKE 45                          |                      |                | CROSS TRAINING | BIKE 45         |                      |                         | BODY FIT                      | BIKE 45        |                      |                                 |           |           | BIKE 45              |                                    |         |                               | 15:00            |
| 15:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 15:30            |
| 16:00            | PILATES        |                 |              |                      | PILATES                       |                                  |                      |                | PILATES        |                 |                      |                         | YOGA                          |                |                      |                                 |           |           |                      |                                    |         |                               | 16:00            |
| 16:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 16:30            |
| 17:00            |                | GAP             |              |                      | PILATES + ESTIRAMIENTOS       | BODY FIT                         |                      |                | BOSU + FITBALL |                 |                      | PILATES + ESTIRAMIENTOS | GLOBAL TRAINING               |                |                      |                                 |           | HIIT+CORE |                      |                                    |         |                               | 17:00            |
| 17:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 17:30            |
| 18:00            | BOSU + FITBALL | C-BOX           |              |                      | TAICHI                        | GLOBAL TRAINING                  | BIKE 45              |                | PILATES        | GAP             | BIKE 45              |                         | TAI HI                        | BODY FIT       | BIKE 45              |                                 | C-BOX     | BODY FIT  | BIKE 45              |                                    |         |                               | 18:00            |
| 18:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 18:30            |
| 19:00            | PILATES        | GLOBAL TRAINING | BIKE 45      |                      | PILATES                       | ZUMBA STRONG                     | BIKE 45              |                | YOGUILATES     | BODY FIT        | BIKE 45              |                         | C-BOX                         | ZUMBA          | BIKE 45              |                                 | GAP       | YOGA      | BIKE 45              |                                    |         |                               | 19:00            |
| 19:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 19:30            |
| 20:00            | BODY FIT       | ZUMBA           | BIKE 45      | AQUA GYM             | C-BOX                         | GAP                              | BIKE 45              | AQUA GYM       | ESTILOS        | GLOBAL TRAINING | BIKE 45              | AQUA GYM                | STEP & DANCE                  | CROSS TRAINING | BIKE 45              | AQUA GYM                        |           |           |                      |                                    |         |                               | 20:00            |
| 20:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 20:30            |
| 21:00            | HIIT + CORE    | YOGA            |              |                      | PILATES                       | BODY FIT                         |                      |                | C-BOX          | YOGA            |                      |                         | PILATES + ESTIRAMIENTOS       | GAP            |                      |                                 |           |           |                      |                                    |         |                               | 21:00            |
| 21:30            |                |                 |              |                      |                               |                                  |                      |                |                |                 |                      |                         |                               |                |                      |                                 |           |           |                      |                                    |         |                               | 21:30            |
| 22:00            |                |                 |              |                      | CLUB DE ENTRENAMIENTO 11:00 H | HIIT   17:15 H                   |                      | CORE   11:00 H |                |                 |                      |                         | CLUB DE ENTRENAMIENTO 10:00 H | HIIT   18:15 H |                      | CLUB DE ENTRENAMIENTO   10:00 H |           |           |                      |                                    |         | CLUB DE ENTRENAMIENTO 11:00 H | 22:00            |
| SALA MUSCULACIÓN |                |                 |              |                      | CORE   18:15 H                | CROSS EXTERIOR (PISTA 5) 20:00 H |                      |                |                |                 |                      |                         | CORE   17:15 H                |                |                      |                                 |           |           |                      |                                    |         |                               | SALA MUSCULACIÓN |