

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 FITNES EXPRESS	STRECHING	ACTIVIDAD FÍSICA SERNIOR	AQUA FITNES EXPRESS	GAP	STRECHING		AQUA FITNES EXPRESS	STRECHING	ZUMBA SENIOR		AQUA FITNES EXPRESS	ACTIVIDAD FÍSICA SERNIOR	STRECHING		AQUA FITNES 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	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		NATACIÓN ADAPTADA ADULTOS		PILATES			PILATES			NATACIÓN ADAPTADA ADULTOS		YOGA										16:00
16:30			TÉCNICA NATACIÓN OPOSITORES								TÉCNICA NATACIÓN OPOSITORES												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	HITT 17:15 H		CORE 11:00 H				CLUB DE ENTRENAMIENTO 10:00 H	HITT 18:15 H		CLUB DE ENTRENAMIENTO 10:00 H						CLUB DE ENTRENAMIENTO 11:00 H	SALA MUSCULACIÓN	
					CORE 18:15 H	CROSS EXTERIOR (PISTA 5) 20:00 H						CORE 17:15 H											