

LUNES					MARTES					MIÉRCOLES					JUEVES					VIERNES					SÁBADO		DOMINGO				
SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 2	SALA 3	SALA 2	SALA 3			
07:00																														07:00	
		BIKE					BIKE					BIKE VIRTUAL					BIKE					BIKE VIRTUAL								07:30	
08:00																														08:00	
PILATES					FITBALL					STRETCHING					FITBALL					STRETCHING										08:30	
09:00	STRETCHING			HIDROHIT	LES MILLS BODYPUMP CORE		HYROX			PILATES		HYROX	AQUATONIC		LES MILLS BODYPUMP					PILATES			HYROX	AQUASALUD		AQUAFIT 11:15	AQUAFIT 11:15			09:30	
10:00	PILATES ESPALDA	LES MILLS BODYPUMP				LES MILLS BODYCOMBAT		PILATES ESPALDA		PILATES ESPALDA	LES MILLS SH'BAM				LES MILLS BODYCOMBAT		CORE		PILATES ESPALDA			LES MILLS SH'BAM	BIKE				BIKE	BIKE		10:30	
11:00		LES MILLS SH'BAM	BIKE		AQUAFIT 11:15		ZUMBA	BIKE	SEVILLANAS		LES MILLS BODYPUMP	BIKE		AQUAFIT 11:15		ZUMBA	BIKE					LES MILLS BODYATTACK CORE				LES MILLS		LES MILLS BODYPUMP		11:30	
12:00		LES MILLS BODYBALANCE				PILATES					LES MILLS BODYBALANCE					PILATES						LES MILLS BODYBALANCE				LES MILLS CORE		LES MILLS BODYBALANCE		12:30	
13:00		STRETCHING				STRETCHING			AQUAFIT		STRETCHING					STRETCHING			AQUAFIT					AQUAFIT		FUNCIONAL TRAINNIG SALA 4		FUNCIONAL TRAINNIG SALA 4		13:30	
14:00																														14:00	
																														14:30	
15:00		BIKE VIRTUAL				LES MILLS BODYPUMP	BIKE VIRTUAL					BIKE VIRTUAL				LES MILLS BODYPUMP CORE	BIKE VIRTUAL					BIKE VIRTUAL								15:30	
16:00	LES MILLS BODYBALANCE				PILATES					LES MILLS BODYBALANCE					PILATES															16:30	
17:00																														17:00	
	PILATES		DANCE JR 8 A 15 AÑOS		STRETCHING			DANCE JR 8 A 15 AÑOS			PILATES		DANCE JR 8 A 15 AÑOS		STRETCHING			DANCE JR 8 A 15 AÑOS			LES MILLS CORE	BIKE	CrossLimit SUPERA TUS LÍMITES						17:30		
18:00	PILATES ESPALDA	LES MILLS BODYPUMP	BIKE	ZUMBA	PILATES ESPALDA	LES MILLS BODYATTACK CORE	BIKE	HYROX		LES MILLS CORE	LES MILLS BODYCOMBAT		ZUMBA		PILATES ESPALDA	LES MILLS BODYSTEP LES MILLS BODYPUMP	BIKE	LES MILLS SH'BAM		LES MILLS BODYPUMP		HYROX								18:30	
19:00	LES MILLS SH'BAM	LES MILLS BODYATTACK	BIKE	HYROX	ZUMBA	LES MILLS BODYPUMP		CrossLimit SUPERA TUS LÍMITES		LES MILLS BODYBALANCE	LES MILLS BODYPUMP	BIKE	HYROX		LES MILLS BODYATTACK	LES MILLS BODYJAM		CrossLimit SUPERA TUS LÍMITES		LES MILLS BODYCOMBAT	BIKE									19:30	
20:00	LES MILLS CORE	LES MILLS BODYSTEP LES MILLS BODYPUMP	BIKE 20:10	CrossLimit SUPERA TUS LÍMITES	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT		HYROX		PILATES ESPALDA	CORE LES MILLS BODYSTEP	BIKE 20:10	SEVILLANAS		CORE LES MILLS BODYBALANCE	LES MILLS BODYPUMP		HYROX		PILATES ESPALDA	LES MILLS BODYBALANCE									20:30	
21:00				FUNCIONAL TRAINNIG	PILATES		BIKE VIRTUAL	FUNCIONAL TRAINNIG	AQUAFIT 21:15					AQUAFIT			BIKE VIRTUAL		AQUAFIT 21:15											21:30	
22:00										22:00										22:00											
ZONA EXTERIOR										ZONA EXTERIOR										ZONA EXTERIOR											
										FUNCIONAL TRAINNIG 18:00H																					
										CrossLimit SUPERA TUS LÍMITES 20:00H																					
										NUEVA ACTIVIDAD																					

LUNES					MARTES					MIÉRCOLES					JUEVES					VIERNES					SÁBADO		DOMINGO	
SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 2	SALA 3	SALA 2	SALA 3
07:10																												07:10
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22:00																												22:00
ZONA EXTERIOR																												

	LUNES					MARTES					
	SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 1	SALA 2	SALA 3	SALA 4	AGUA	
07:10											07:10
07:30											07:30
08:00			BIKE					BIKE VIRTUAL			08:00
08:30											08:30
09:00											09:00
09:30		PILATES					LES MILLS BODYPUMP		OFFICIAL HYROX GYM		09:30
10:00							CORE				10:00
10:30		LES MILLS BODYPUMP			AQUAFIT		LES MILLS BODYCOMBAT			AQUAFIT	10:30
11:00							CORE				11:00
11:30		LES MILLS SH'BAM	BIKE				ZUMBA	BIKE			11:30
12:00											12:00
12:30		LES MILLS BODYBALANCE					PILATES				12:30
13:00											13:00
13:30											13:30
14:00											14:00
14:30											14:30
15:00			BIKE VIRTUAL				LES MILLS BODYPUMP	BIKE VIRTUAL			15:00
15:30											15:30
16:00		LES MILLS BODYBALANCE					PILATES				16:00
16:30											16:30
17:00											17:00
17:30			BIKE					BIKE			17:30
18:00											18:00
18:30		LES MILLS BODYPUMP		PILATES			LES MILLS BODYATTACK		LES MILLS BODYBALANCE		18:30
19:00							*CORE				19:00
19:30		LES MILLS BODYATTACK		OFFICIAL HYROX GYM			LES MILLS BODYCOMBAT		CrossLimit		19:30
20:00											20:00
20:30		ZUMBA	BIKE	CrossLimit			LES MILLS SH'BAM	BIKE	OFFICIAL HYROX GYM	AQUAFIT	20:30
21:00		*CORE		FUNCIONAL TRAINING							21:00
21:30							LES MILLS BODYPUMP		FUNCIONAL TRAINING		21:30
22:00		STRETCHING									22:00

MIÉRCOLES					JUEVES				
SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 1	SALA 2	SALA 3	SALA 4	AGUA
07:10		BIKE VIRTUAL			07:10		BIKE		07:10
07:30					07:30				07:30
08:00					08:00				08:00
08:30					08:30				08:30
09:00					09:00				09:00
09:30	STRETCHING				09:30	LES MILLS BODYPUMP			09:30
10:00					10:00				10:00
10:30	LES MILLS SH'BAM		AQUAFIT		10:30	FITBALL		AQUAFIT	10:30
11:00					11:00		BIKE VIRTUAL		11:00
11:30	LES MILLS BODYPUMP	BIKE			11:30	ZUMBA			11:30
12:00					12:00				12:00
12:30	LES MILLS BODYBALANCE				12:30	PILATES			12:30
13:00					13:00				13:00
13:30					13:30				13:30
14:00					14:00				14:00
14:30					14:30				14:30
15:00		BIKE VIRTUAL			15:00	LES MILLS BODYPUMP	BIKE VIRTUAL		15:00
15:30					15:30	CORE			15:30
16:00	PILATES				16:00				16:00
16:30					16:30				16:30
17:00					17:00		BIKE		17:00
17:30		BIKE			17:30				17:30
18:00					18:00	LES MILLS BODYSTEP		PILATES	18:00
18:30	LES MILLS BODYCOMBAT		STRETCHING		18:30	LES MILLS BODYPUMP			18:30
19:00					19:00				19:00
19:30	LES MILLS BODYPUMP	BIKE	OFFICIAL HYROX GYM		19:30	LES MILLS BODYJAM		CrossLimit	19:30
20:00	*CORE				20:00				20:00
20:30	LES MILLS BODYBALANCE		CrossLimit		20:30	LES MILLS BODYPUMP	BIKE	OFFICIAL HYROX GYM	20:30
21:00					21:00				21:00
21:30	ZUMBA		FUNCIONAL TRAINING		21:30	LES MILLS BODYBALANCE			21:30
22:00					22:00				22:00
ZONA EXTERIOR									

VIERNES					SÁBADO		DOMINGO	
SALA 1	SALA 2	SALA 3	SALA 4	AGUA	SALA 2	SALA 3	SALA 2	SALA 3
07:10		BIKE VIRTUAL						07:10
07:30								07:30
08:00								08:00
08:30								08:30
09:00								09:00
09:30	STRETCHING		OFFICIAL HYROX GYM		FUNCIONAL TRAINING (SALA 4)			09:30
10:00	LES MILLS SH'BAM			AQUAFIT		BIKE		10:00
10:30								10:30
11:00		BIKE			LES MILLS BODYPUMP			11:00
11:30								11:30
12:00	LES MILLS BODYBALANCE				LES MILLS BODYBALANCE			12:00
12:30								12:30
13:00								13:00
13:30								13:30
14:00								14:00
14:30		BIKE VIRTUAL						14:30
15:00								15:00
15:30								15:30
16:00								16:00
16:30								16:30
17:00	PILATES	BIKE						17:00
17:30								17:30
18:00	LES MILLS BODYPUMP		OFFICIAL HYROX GYM					18:00
18:30								18:30
19:00	LES MILLS BODYCOMBAT	BIKE	CrossLimit					19:00
19:30								19:30
20:00								20:00
20:30								20:30
21:00								21:00
21:30								21:30
22:00								22:00

ACTIVIDADES DIRIGIDAS

A partir del 7 de julio de 2025

LUNES					
	SALA 1	SALA 2	SALA 3	SALA 4	AGUA
07:10			BIKE		
07:30					
08:00					
08:30					
09:00		PILATES			
09:30					
10:00		LES MILLS BODYPUMP		AQUAFIT	
10:30					
11:00		LES MILLS SH'BAM	BIKE		
11:30					
12:00		LES MILLS BODYBALANCE			
12:30					
13:00					
13:30					
14:00					
14:30			BIKE VIRTUAL		
15:00					
15:30					
16:00		LES MILLS BODYBALANCE			
16:30					
17:00			BIKE		
17:30					
18:00		LES MILLS BODYPUMP		PILATES	
18:30					
19:00		LES MILLS BODYATTACK		OFFICIAL HYROX GYM	
19:30					
20:00		ZUMBA	BIKE	CrossLimit	
20:30					
21:00		*CORE		FUNCIONAL TRAINING	
21:30					
22:00		STRETCHING			

GUÍA DE ACTIVIDADES

A partir del 7 de julio de 2025

MARTES					
	SALA 1	SALA 2	SALA 3	SALA 4	AGUA
07:10			BIKE VIRTUAL		
07:30					
08:00					
08:30					
09:00		LES MILLS BODYPUMP		OFFICIAL HYROX GYM	
09:30		CORE			
10:00		LES MILLS BODYCOMBAT			AQUAFIT
10:30		CORE			
11:00		ZUMBA	BIKE		
11:30					
12:00		PILATES			
12:30					
13:00					
13:30					
14:00					
14:30					
15:00		LES MILLS BODYPUMP	BIKE VIRTUAL		
15:30					
16:00		PILATES			
16:30					
17:00			BIKE		
17:30					
18:00		LES MILLS BODYATTACK		LES MILLS BODYBALANCE	
18:30		*CORE			
19:00		LES MILLS BODYCOMBAT		CrossLimit	
19:30					
20:00		LES MILLS SH'BAM	BIKE	OFFICIAL HYROX GYM	AQUAFIT
20:30					
21:00		LES MILLS BODYPUMP		FUNCIONAL TRAINING	
21:30					
22:00					

GUÍA DE ACTIVIDADES

A partir del 7 de julio de 2025

MIÉRCOLES					
	SALA 1	SALA 2	SALA 3	SALA 4	AGUA
07:10			BIKE VIRTUAL		
07:30					
08:00					
08:30					
09:00		STRETCHING			
09:30					
10:00		LES MILLS SH'BAM			AQUAFIT
10:30					
11:00		LES MILLS BODYPUMP	BIKE		
11:30					
12:00		LES MILLS BODYBALANCE			
12:30					
13:00					
13:30					
14:00					
14:30					
15:00			BIKE VIRTUAL		
15:30					
16:00		PILATES			
16:30					
17:00			BIKE		
17:30					
18:00		LES MILLS BODYCOMBAT		STRETCHING	
18:30					
19:00		LES MILLS BODYPUMP	BIKE	OFFICIAL HYROX GYM	
19:30					
20:00		*CORE			
20:30		LES MILLS BODYBALANCE		CrossLimit	
21:00		ZUMBA		FUNCIONAL TRAINING	
21:30					
22:00					
ZONA EXTERIOR					

GUÍA DE ACTIVIDADES

A partir del 7 de julio de 2025

JUEVES					
	SALA 1	SALA 2	SALA 3	SALA 4	AGUA
07:10					
07:30			BIKE		
08:00					
08:30					
09:00					
09:30		LES MILLS BODYPUMP			
10:00					
10:30		FITBALL			AQUAFIT
11:00					
11:30		ZUMBA	BIKE VIRTUAL		
12:00					
12:30		PILATES			
13:00					
13:30					
14:00					
14:30		LES MILLS BODYPUMP	BIKE VIRTUAL		
15:00		CORE			
15:30					
16:00					
16:30					
17:00					
17:30			BIKE		
18:00		LES MILLS BODYSTEP		PILATES	
18:30		LES MILLS BODYPUMP			
19:00					
19:30		LES MILLS BODYJAM		CrossLimit	
20:00					
20:30		LES MILLS BODYPUMP	BIKE	OFFICIAL HYROX GYM	AQUAFIT
21:00					
21:30		LES MILLS BODYBALANCE			
22:00					

GUÍA DE ACTIVIDADES

A partir del 7 de julio de 2025

VIERNES					
	SALA 1	SALA 2	SALA 3	SALA 4	AGUA
07:10			BIKE VIRTUAL		07:10
07:30					07:30
08:00					08:00
08:30					08:30
09:00		STRETCHING		OFFICIAL HYROX GYM	09:00
09:30					09:30
10:00		LesMills SH'BAM			10:00
10:30				AQUAFIT	10:30
11:00			BIKE		11:00
11:30					11:30
12:00		LesMills BODYBALANCE			12:00
12:30					12:30
13:00					13:00
13:30					13:30
14:00					14:00
14:30			BIKE VIRTUAL		14:30
15:00					15:00
15:30					15:30
16:00					16:00
16:30					16:30
17:00		PILATES	BIKE		17:00
17:30					17:30
18:00		LesMills BODYPUMP		OFFICIAL HYROX GYM	18:00
18:30					18:30
19:00		LesMills BODYCOMBAT	BIKE	CrossLimit	19:00
19:30					19:30
20:00					20:00
20:30					20:30
21:00					21:00
21:30					21:30
22:00					22:00

GUÍA DE ACTIVIDADES

A partir del 7 de julio de 2025

SÁBADO		DOMINGO	
SALA 2	SALA 3	SALA 2	SALA 3
07:10		07:10	
07:30		07:30	
08:00		08:00	
08:30		08:30	
09:00	FUNCIONAL TRAINING (SALA 4)	09:00	
09:30		09:30	
10:00	BIKE	10:00	
10:30		10:30	
11:00	Les Mills BODYPUMP	11:00	
11:30		11:30	
12:00	Les Mills BODYBALANCE	12:00	
12:30		12:30	
13:00		13:00	
13:30		13:30	
14:00		14:00	
14:30		14:30	
15:00		15:00	
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22:00		22:00	