

	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																								
07:30																								
08:00		CROSS TRAINING				BODY FIT			PILATES					HIIT+CORE					BIKE 45					
08:30																								
09:00	ZUMBA SENIOR	STRECHING		AQUA FITNESS EXPRESS	STRECHING	ACTIVIDAD FÍSICA SENIOR		AQUA FITNESS EXPRESS	GAP	STRECHING		AQUA FITNESS EXPRESS	STRECHING	ZUMBA SENIOR		AQUA FITNESS EXPRESS	STRECHING	ACTIVIDAD FÍSICA SENIOR		AQUA FITNESS EXPRESS	CORRECCION ESTILOS DE NADO EXPRESS			
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			
10:30																								
11:00	YOGA	GAP	BIKE 45		YOGA	BODY FIT			YOGA	ZUMBA			YOGA	BODY FIT	BIKE 45		YOGA	CROSS TRAINING	BIKE 45			CLUB DE ENTRENAMIENTO		
11:30																								
12:00		BODY FIT			YOGA																	BIKE 45		
12:30																								
13:00				AQUA FITNESS								AQUA FITNESS												
13:30																								
14:00																								
14:30																								
15:00		HIIT + CORE	BIKE 45		GLOBAL TRAINING	BIKE 45			CROSS TRAINING	BIKE 45			BODY FIT	BIKE 45						BIKE 45				
15:30																								
16:00		PILATES		NATACIÓN ADAPTADA ADULTOS	PILATES				PILATES			NATACIÓN ADAPTADA ADULTOS		YOGA										
16:30																								
17:00				TÉCNICA NATACIÓN OPOSITORES																				
17:30		GAP			PILATES + ESTIRAMIENTOS	BODY FIT			BOSU + FITBALL				PILATES + ESTIRAMIENTOS	GLOBAL TRAINING						HIIT+CORE				
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					
18:30																								
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					
19:30																								
20:00	BODY FIT	ZUMBA	BIKE 45	AQUA GYM	HIITBOX	GAP	BIKE 45	AQUA GYM	ESTILOS	GLOBAL TRAINING	BIKE 45	AQUA GYM	STEP & DANCE	CROSS TRAINING	BIKE 45	AQUA GYM								
20:30																								
21:00	HIIT + CORE	YOGA			PILATES	BODY FIT				YOGA			PILATES + ESTIRAMIENTOS											
21:30																								
22:00							HITT   17:15 H		CORE   11:00 H					CLUB DE ENTRENAMIENTO 10:00 H	HITT   18:15 H		CORE + STREACHING   10:00 H					CLUB DE ENTRENAMIENTO 11:00 H		
						CORE   18:15 H	CLUB DE ENTRENAMIENTO 20:00 H						CORE   17:15 H											SALA MUSCULACIÓN

EXTERIOR	AGUA	CUERPO Y MENTE
EXPRESS	SENIOR	FUERZA
CARDIO	BAILE	TONO

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★ Nuevas actividades

