

	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			GAP	CROSS TRAINING	BIKE 45			BODY FIT	BIKE 45							VIRTUAL BIKE	
15:30																							
16:00		PILATES		NATACIÓN ADAPTADA ADULTOS		PILATES				PILATES		NATACIÓN ADAPTADA ADULTOS		YOGA									
16:30				TÉCNICA NATACIÓN OPOSITORES								TÉCNICA NATACIÓN OPOSITORES											
17:00	YOGUILATES	GAP			PILATES + ESTIRAMIENTOS	BODY FIT			PILATES + ESTIRAMIENTOS	BOSU + FITBALL			PILATES + ESTIRAMIENTOS	GLOBAL TRAINING								HIIT+CORE	
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				
18:30																							
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	GLOBAL TRAINING	YOGA			PILATES	BODY FIT				YOGA				PILATES + ESTIRAMIENTOS									
21:30																							
22:00	CORE 21:15 H				CORE 18:15 H				CORE 11:00 H				CLUB DE ENTRENAMIENTO 10:00 H		HIIT 18:15 H		CORE + STREACHING 10:00 H					CLUB DE ENTRENAMIENTO 11:00 H	

SALA MUSCULACIÓN

SALA MUSCULACIÓN

EXTERIOR	AGUA	CUERPO Y MENTE
EXPRESS	SENIOR	FUERZA
CARDIO	BAILE	TONO

