

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	ACTIVIDAD FÍSICA SENIOR	ZUMBA SENIOR		AQUA FITNESS EXPRESS	STRECHING	ACTIVIDAD FÍSICA SENIOR		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	PILATES	HIIT+CORE	BIKE 45	AQUA RUNNING	C-BOX	PILATES		AQUA FITNESS	BODY FIT	PILATES						10:00
10:30																							10:30
11:00	YOGA	GAP	BIKE 45		YOGA	BODY FIT		YOGA	ZUMBA			YOGA	BODY FIT	BIKE 45		YOGA	CROSS TRAINING	BIKE 45					11:00
11:30																							11:30
12:00		BODY FIT			YOGA																		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		GAP	CROSS TRAINING	BIKE 45			BODY FIT	BIKE 45				VIRTUAL BIKE					15:00
15:30																							15:30
16:00	PILATES		NATACIÓN ADAPTADA ADULTOS		PILATES				PILATES		NATACIÓN ADAPTADA ADULTOS		YOGA										16:00
16:30																							16:30
17:00			TÉCNICA NATACIÓN OPOSITORES								TÉCNICA NATACIÓN OPOSITORES												17:00
17:30	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					18:00
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	HIITBOX	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	GLOBAL TRAINING	YOGA			PILATES	BODY FIT			YOGA			PILATES + ESTIRAMIENTOS											21:00
21:30																							21:30
22:00	CORE 21:15 H				CORE 18:15 H				CORE 11:00 H			CLUB DE ENTRENAMIENTO 10:00 H		HITT 18:15 H		CORE + STREACHING 10:00 H							22:00
SALA MUSCULACIÓN					CLUB DE ENTRENAMIENTO 11:00 H				HITT + CORE 21:00 H													SALA MUSCULACIÓN	