

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		BIKE					BIKE VIRTUAL					BIKE VIRTUAL					BIKE					BIKE VIRTUAL						07:00
07:30																												07:30
08:00																												08:00
08:30							STRETCHING					PILATES										STRETCHING						08:30
09:00																												09:00
09:30	PILATES						LES MILLS BODYPUMP CORE		HYROX			STRETCHING				LES MILLS BODYPUMP						HYROX			FUNCIONAL TRAINING SALA 4			09:30
10:00																												10:00
10:30	LES MILLS BODYPUMP			AQUAFIT			LES MILLS BODYCOMBAT		AQUAFIT			ZUMBA		AQUAFIT		FITBALL			AQUAFIT		ZUMBA			AQUAFIT		BIKE		10:30
11:00																												11:00
11:30	ZUMBA	BIKE					ZUMBA	BIKE				LES MILLS BODYPUMP	BIKE			ZUMBA	BIKE VIRTUAL					BIKE			LES MILLS BODYPUMP			11:30
12:00																												12:00
12:30	LES MILLS BODYBALANCE						PILATES					LES MILLS BODYBALANCE										LES MILLS BODYBALANCE			LES MILLS BODYBALANCE			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					BIKE VIRTUAL			LES MILLS BODYPUMP CORE	BIKE VIRTUAL											15:00
15:30																												15:30
16:00	LES MILLS BODYBALANCE																											16:00
16:30				HIDROHIT			PILATES					PILATES		HIDROHIT								PILATES						16:30
17:00																												17:00
17:30		BIKE						BIKE					BIKE				BIKE					BIKE	CrossLimit SUPERAR TUS LÍMITES					17:30
18:00																												18:00
18:30	LES MILLS BODYPUMP		ZUMBA				LES MILLS BODYATTACK CORE		LES MILLS BODYBALANCE			LES MILLS BODYCOMBAT		CORE		LES MILLS BODYSTEP LES MILLS BODYPUMP		PILATES			LES MILLS BODYPUMP		HYROX					18:30
19:00																												19:00
19:30	LES MILLS BODYATTACK	BIKE	HYROX				LES MILLS BODYCOMBAT		CrossLimit SUPERAR TUS LÍMITES			LES MILLS BODYPUMP	BIKE	HYROX		ZUMBA	BIKE	CrossLimit SUPERAR TUS LÍMITES			LES MILLS BODYCOMBAT	BIKE						19:30
20:00																												20:00
20:30	CORE			CrossLimit SUPERAR TUS LÍMITES			ZUMBA		HYROX	AQUAFIT		LES MILLS BODYBALANCE		CrossLimit SUPERAR TUS LÍMITES		LES MILLS BODYPUMP		HYROX	AQUAFIT									20:30
21:00																												21:00
21:30	PILATES			FUNCIONAL TRAINING			LES MILLS BODYPUMP		FUNCIONAL TRAINING			ZUMBA		FUNCIONAL TRAINING			LES MILLS BODYBALANCE											21:30
22:00																												22:00
ZONA EXTERIOR																											ZONA EXTERIOR	

NUEVA ACTIVIDAD

CORE