

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			YOGA			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		CLUB DE ENTRENAMIENTO			11:00
11:30																							11:30
12:00		BODY FIT			YOGA																BIKE 45		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 NATACION OPOSITORES							TÉCNICA NATACION 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				CLUB DE ENTRENAMIENTO 11:00 H		CLUB DE ENTRENAMIENTO 11:00 H	SALA MUSCULACIÓN
					CLUB DE ENTRENAMIENTO 11:00 H		CROSS EXTERIOR (PISTA TENIS 5) 20:00 H		HITT + CORE 21:00 H														SALA MUSCULACIÓN