

	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																														
07:30			BIKE				BIKE						BIKE VIRTUAL					BIKE					BIKE VIRTUAL							
08:00	PILATES					FITBALL					STRETCHING					FITBALL					STRETCHING									
09:00	STRETCHING				HIDROHIT	LES MILLS BODYPUMP CORE		HYROX			PILATES			AQUATONIC		LES MILLS BODYPUMP					PILATES			HYROX	AQUASALUD	FUNCIONAL TRAINNIG SALA 4	AQUAFIT 09:15	FUNCIONAL TRAINNIG SALA 4	AQUAFIT 09:15	
10:00	PILATES ESPALDA	LES MILLS BODYPUMP				LES MILLS BODYCOMBAT		PILATES ESPALDA			PILATES ESPALDA	ZUMBA				LES MILLS BODYCOMBAT CORE		PILATES ESPALDA			ZUMBA					BIKE			BIKE	
11:00		ZUMBA	BIKE		AQUAFIT 11:15		ZUMBA	BIKE	SEVILLANAS			LES MILLS BODYPUMP	BIKE		AQUAFIT 11:15		ZUMBA	BIKE			LES MILLS BODYATTACK CORE		BIKE			LES MILLS		LES MILLS BODYPUMP		
12:00		LES MILLS BODYBALANCE					PILATES					LES MILLS BODYBALANCE					PILATES					LES MILLS BODYBALANCE				LES MILLS CORE		LES MILLS BODYBALANCE		
13:00		STRETCHING					STRETCHING					STRETCHING					STRETCHING								AQUAFIT					
14:00																														
15:00							LES MILLS BODYPUMP						BIKE VIRTUAL				LES MILLS BODYPUMP CORE	BIKE VIRTUAL					BIKE VIRTUAL							
16:00	LES MILLS BODYBALANCE		BIKE VIRTUAL			PILATES					LES MILLS BODYBALANCE					PILATES							PILATES							
17:00																														
17:30		PILATES		DANCE JR 8 A 15 AÑOS		STRETCHING			FUNCIONAL JR 10 A 15 AÑOS			PILATES		DANCE JR 8 A 15 AÑOS		STRETCHING			FUNCIONAL JR 10 A 15 AÑOS			LES MILLS CORE	BIKE	CrossLimit SUPERA TUS LÍMITES						
18:00	PILATES ESPALDA	LES MILLS BODYPUMP	BIKE	ZUMBA		PILATES ESPALDA	LES MILLS BODYATTACK CORE	BIKE	HYROX		LES MILLS CORE	LES MILLS BODYCOMBAT		ZUMBA		PILATES ESPALDA	LES MILLS BODYSTEP LES MILLS BODYPUMP	BIKE	ZUMBA			LES MILLS BODYPUMP		HYROX						
19:00	ZUMBA	LES MILLS BODYATTACK	BIKE	HYROX		ZUMBA	LES MILLS BODYPUMP		CrossLimit SUPERA TUS LÍMITES		LES MILLS BODYBALANCE	LES MILLS BODYPUMP	BIKE	HYROX		LES MILLS BODYATTACK	LES MILLS BODYJAM		CrossLimit SUPERA TUS LÍMITES			LES MILLS BODYCOMBAT	BIKE							
20:00	LES MILLS CORE	LES MILLS BODYSTEP LES MILLS BODYPUMP	BIKE 20:10	CrossLimit SUPERA TUS LÍMITES		LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT		HYROX		PILATES ESPALDA	LES MILLS CORE	BIKE 20:10	CrossLimit SUPERA TUS LÍMITES		LES MILLS CORE LES MILLS BODYBALANCE	LES MILLS BODYPUMP		HYROX			LES MILLS BODYBALANCE								
21:00		PILATES		FUNCIONAL TRAINNIG		PILATES		BIKE VIRTUAL	FUNCIONAL TRAINNIG	AQUAFIT 21:15				FUNCIONAL TRAINNIG				BIKE VIRTUAL		AQUAFIT 21:15										
22:00																														
ZONA EXTERIOR	ZONA EXTERIOR																													