

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00	7:30 - LM CEREMONY - S1	7:00 - CICLO INDOOR - SC	7:00 - CLUB SWIMMING - P	7:15 - CROSS TRAINING - ZF	7:00 - LM CEREMONY - S1			7:00
8:00	8.30 - PILATES - S2	8.30 - GAP - S1	8:00 - CORE - 30'	8:45 - AQUA AEROBIC - P	8:45 - AQUA PILATES - P			8:00
	8:45 - AQUA AEROBIC - P	8:30 - CORE - 30'	8:45 - AQUA FITNESS - P					
		8:45 - AQUA FITNESS - P						
9:00	9:15 - BODY PUMP - S1	9:15 - YOGA - S2	9:00 - BODY BALANCE - S2	9:00 - GOALING - S1	9:15 - BODY BALANCE - S2	9:15 - AQUA AEROBIC - P	9:15 - PILATES - S2	9:00
	9:30 - MOVILIDAD 360 - S2	9:30 - CROSS TRAINING - ZF	9:15 - ACTÍVATE - S1	9:15 - PILATES - S2	9:30 - ACTÍVATE - S1	9:30 - CICLO INDOOR - SC	9:45 - GAP - S1	
		9:30 - ZUMBA - S1		9:15 - CICLO INDOOR - SC		9:45 - FUNCIONAL - ZF		
10:00	10:00 - CICLO INDOOR - SC	10:15 - PILATES - S2	10:00 - PILATES - S2	10:00 - PUMP HEAVY - S1	10:15 - MOVILIDAD 360 - S2	10:15 - PILATES - S2	10:15 - CICLO INDOOR - SC	10:00
	10:15 - GOALING - S1	10:30 - BODY PUMP - S1	10:15 - ZUMBA - S1	10:15 - YOGA - S2	10:30 - ZUMBA - S1	10:30 - GAP - S1	10:45- LM CEREMONY - S1	
	10:30 - BODY BALANCE - S2	10:30 - AQUA AEROBIC - P	10:15 - CICLO INDOOR - SC	10:30 - AQUA FITNESS - P	10:30 - CICLO INDOOR - SC	10:45 - CICLO INDOOR - SC		
	10:30 - AQUA FITNESS - P		10:30 - AQUA AEROBIC - P		10:30 - AQUA AEROBIC - P			
	10:45 - CORE - 30'							
11:00	11:15 - ZUMBA - S1	11:00 - CICLO INDOOR - SC	11:00 - MOVILIDAD 360 - S2	11:00 - BODY COMBAT - S1	11:15 - PILATES - S2	11:00- CROSS TRAINING - ZF	11:15 - STRETCHING - 30'	11:00
	11:30 - MOVILIDAD 360 - S2	11:30 - GOALING - S1	11:15 - BODY PUMP - S1		11:30 - HIIT - 30'	11:15 - MOVILIDAD 360 - S2	11:45 -SPORT FAMILY - PP	
	11:30 - AQUA PILATES - P		11:30 - AQUA PILATES - P		11:30 - GAP - S1	11:30 - ZUMBA - S1		
					11:30 - AQUA FITNESS - P			
12:00		12:15 - MOVILIDAD 360 - S2	12:00 - PILATES - S2	12:00 - ZUMBA - S1			12:00 - AQUA FITNESS - P	12:00
			12:30 - HIIT - 30'	12:15 - MOVILIDAD 360 - S2				
13:00								13:00
14:00	14:30 - CICLO INDOOR - SC		14:30 - LM CEREMONY - S1					14:00
15:00		15:30 - AQUA FITNESS - P		15:30 - PILATES - S2				15:00
16:00	16:15 - PUMP HEAVY - S1							16:00
17:00	17:00 - PILATES - S2	17:15 - BODY PUMP - S1	17:30 - ZUMBA - S1	17:15 - BODY COMBAT - S1	17:15 - ZUMBA - S1	17:45 - CICLO INDOOR - SC		17:00
	17:15 - PLAY KIDS - PP	17:15 - PLAY KIDS - PP	17:30 - CICLO INDOOR - SC	17:30 - PLAY KIDS - PP	17:30 -SPORT FAMILY - PP			
	17:15 - GAP - S1	17:30 - MOVILIDAD 360 - S2	17:45 - STRETCHING - S2	17:45- CROSS TRAINING - ZF				
	17:30 - FUNCIONAL - ZF							
18:00	18:00 - YOGA - S2	18:00 - CICLO INDOOR - SC	18:15 - PILATES - S2	18:00 - CLUB SWIMMING - P	18:15 - BODY PUMP - S1	18:45 - CROSS TRAINING - ZF		18:00
	18:00 - AQUA FITNESS - P	18:15 - BODY COMBAT - S1	18:15 - AQUA FITNESS - P	18:00 - MOVILIDAD 360 - S2	18:30 - PILATES - S2			
	18:15 - ZUMBA - S1	18:30 - FUNCIONAL - ZF	18:15 - PLAY KIDS - PP	18:15 - GAP - S1				
	18:15 - PLAY KIDS - PP	18:30 - BODY BALANCE - S2	18:30 - PUMP HEAVY - S1	18:45 - CLUB RUNNING - EXT				
	18:30 - CICLO INDOOR - SC			18:45 - CICLO INDOOR - SC				
19:00	19:00 - MOVILIDAD 360 - S2	19:00 - CICLO INDOOR - SC	19:15 - YOGA - S2	19:00 - PILATES - S2	19:15 - CICLO INDOOR - SC			19:00
	19:00 - AQUA AEROBIC - P	19:00 - PLAY KIDS - PP	19:15 - CICLO INDOOR - SC	19:15 - BODY PUMP - S1	19:15 - LM CEREMONY - S1			
	19:00 - HIIT - 30'	19:15 - ZUMBA - S1	19:15 - AQUA AEROBIC - P	19:45 - CICLO INDOOR - SC	19:30 - YOGA - S2			
	19:15 - BODY PUMP - S1	19:15 - CORE - 30'	19:30 - BODY COMBAT - S1					
	19:30 - CICLO INDOOR - SC	19:30 - PILATES - S2	19:30 - CROSS TRAINING - ZF					
20:00	20:00 - PILATES - S2	20:15 - PUMP HEAVY - S1	20:15 - MOVILIDAD 360 - S2	20:00 - BODY BALANCE - S2	20:15 - CORE - 30'			
	20:00 - AQUA FITNESS - P	20:30 - MOVILIDAD 360 - S2	20:30 - BODY PUMP - S1	20:00 - AQUA FITNESS - P				
	20:15 - CORE - 30'	20:30 - AQUA AEROBIC - P		20:15 - ZUMBA - S1				
	20:15 - BODY COMBAT - S1			20:45 - CORE - 30'				
	20:30 - CICLO INDOOR - SC							
21:00	21:00 - MOVILIDAD 360 - S2	21:00 - HIIT - 30'		21:15 - STRETCHING - S2				
	21:15 - LM CEREMONY - S1							

L-V: 6:30 - 22:30 h
S: 9:00 - 20:00 h
D y F: 9:00 - 14:00 h

ACTIVIDADES
DIRIGIDAS 45'

LUDOTECA
DE USO EXCLUSIVO
PARA ABONADOS
AL CENTRO