LA CASA DEL AGUA
FITNESS PISCINA SPA

HORARIO COLECTIVAS

CARDIOVASCULAR · TONIFICACIÓN · BAILE · CUERPO/MENTE · ALTA INTENSIDAD · ACT. INFANTILES · PISCINA · RUNNING

LesMills

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:45			CICLO INDOOR SALA INDOOR					7:45
8:00		FUNCIONAL ZONA FUNCIONAL		CROSS TRAINING ZONA FUNCIONAL				8:00
9:15	CORE SALA 1	9:00 DIVERS. FUNC. SC ACTÍVATE SALA 2	CORE SALA 1	9:00 DIVERS. FUNC. SC BODY PUMP SALA 1	ZUMBA SALA 1	9:00 BODY PUMP SALA 1	CICLO INDOOR SALA CICLO	9:15
9:30				BODY COMBAT SALA 2	FUNCIONAL ZONA FUNCIONAL	FUNCIONAL ZONA FUNCIONAL		9:30
9:45	CICLO INDOOR SALA CICLO	BODY PUMP SALA 1	CICLO INDOOR SALA CICLO			CICLO INDOOR SALA CICLO		9:45
10:00			PILATES SALA 2 CLUB RUNNING EXTERIOR					10:00
10:15	ZUMBA SALA 2 AQUA AEROBIC PISCINA	AQUA AEROBIC PISCINA YOGA SALA 2	AQUA AEROBIC PISCINA ACTÍVATE SALA 1	AQUA AEROBIC PISCINA LES MILLS DANCE SALA 1	AQUA AEROBIC PISCINA BODY BALANCE SALA 2		TOTAL TRAINING SALA 1	10:15
10:30	BODY PUMP SALA 1			PILATES SALA 2	BODY PUMP SALA 1	AQUA AEROBIC PISCINA BODY COMBAT SALA 1		10:30
10:45		LES MILLS DANCE SALA 1						10:45
11:00		CICLO INDOOR SALA CICLO	ZUMBA SALA 2	CICLO INDOOR SALA CICLO	CICLO INDOOR SALA CICLO		AQUA AEROBIC PISCINA PILATES SALA 2	11:00
11:15	SALUD SALA 2 AQUA BIKE PISCINA	BODY ATTACK SALA 1 AQUA PILATES PISCINA	BODY PUMP SALA 1 HIIT ZF AQUA BIKE PISCINA	GAP SALA 1 AQUA PILATES PISCINA	AQUA BIKE PISCINA STRETCHING SALA 2 CLUB SWIMMING PISCINA			11:15
11:30	BODY COMBAT SALA 1					LES MILLS DANCE SALA 1		11:30
11:45		GAP SALA 1			CORE SALA 1		FUNCIONAL SALA 1	11:45
12:00				YOGA SALA 2 AQUA FITNESS PISCINA				12:00
12:15	AQUA PILATES PISCINA STRETCHING SALA 2	PILATES SALA 2 AQUA FITNESS PISCINA	AQUA PILATES PISCINA TOTAL TRAINING SALA 1		AQUA PILATES PISCINA	PILATES FAMILY SALA 2	CLUB SWIMMING PISCINA	12:15
12:30	TOTAL TRAINING SALA 1		BODY BALANCE SALA 2		BODY ATTACK SALA 1		DANCE FAMILY SALA 2	12:30
14:15	CROSS TRAINING ZONA FUNCIONAL	CORE ZONA FUNCIONAL	CICLO INDOOR SALA CICLO	TOTAL TRAINING SALA 1				14:15
16:15		PILATES FAMILY SALA 2	16:30 DANCE FAMILY SALA 2		PILATES SALA 2			16:15
17:00				SALUD SALA 1	BODY PUMP SALA 1 AQUA AEROBIC PISCINA			17:00
17:15	FUNCIONAL ZONA FUNCIONAL	CORE SALA 1 CICLO INDOOR SALA CICLO	CROSS TRAINING ZONA FUNCIONAL	TONO KIDS SALA 2				17:15
17:30	CICLO INDOOR SALA CICLO	TONO KIDS EXTERIOR BODY BALANCE SALA 2	BODY PUMP SALA 1	FUNCIONAL ZONA FUNCIONAL	BODY COMBAT SALA 2	CLUB SWIMMING PISCINA		17:30
17:45	BODY ATTACK SALA 1		BODY ATTACK SALA 2	CICLO INDOOR SALA CICLO				17:45
18:00	CARDIO KIDS EXTERIOR	TOTAL TRAINING SALA 1		ZUMBA SALA 1	ACTÍVATE SALA 1	HIIT ZONA FUNCIONAL		18:00
18:15	LES MILLS DANCE SALA 2	CICLO INDOOR SALA CICLO 18:30 ACTÍVATE S2	CICLO INDOOR SALA CICLO	YOGA SALA 2	CICLO INDOOR SALA CICLO			18:15
18:30	AQUA AEROBIC PISCINA	AQUA AEROBIC P CLUB SWIMMING P CROSS TRAINING ZF	AQUA AEROBIC P CARDIO KIDS EXT LES MILLS DANCE S1	AQUA AEROBIC PISCINA				18:30
18:45	BODY PUMP SALA 1 CORE ZONA FUNCIONAL			CICLO INDOOR SALA CICLO HIIT ZONA FUNCIONAL GAP SALA 1		DANCE FAMILY SALA 1		18:45
19:00		ZUMBA SALA 1	STRETCHING SALA 2		HIIT ZONA FUNCIONAL			19:00
19:15			HIIT ZONA FUNCIONAL		CLUB RUNNING EXTERIOR			19:15
19:30	PILATES SALA 2	CAPOEIRA EEDD CLUB RUNNING EXTERIOR	GAP SALA 1		BODY BALANCE SALA 2			19:30
19:45	TOTAL TRAINING SALA 1		CICLO INDOOR SALA CICLO	CICLO INDOOR SALA CICLO CAPOEIRA EEDD				19:45
20:00		CICLO INDOOR SALA CICLO		STRETCHING SALA 1	AQUA FITNESS PISCINA			20:00
20:15			YOGA SALA 2		LES MILLS DANCE SALA 1			20:15
20:30	BODY BALANCE S2 CICLO INDOOR SC AQUA FITNESS P	AQUA BIKE PISCINA	AQUA FITNESS PISCINA CORE SALA 1	AQUA BIKE PISCINA	SPORT FAMILY SALA 2			20:30
20:45	GAP SALA 1	BODY COMBAT SALA 1		SPORT FAMILY EXTERIOR TOTAL TRAINING SALA 1				20:45
21:00		SALUD SALA 2						21:00
21:15	CLUB RUNNING EXTERIOR							21:15
21:30	CROSS TRAINING ZONA FUNCIONAL							21:30