LA CASA DEL AGUA
FITNESS PISCINA SPA

HORARIO COLECTIVAS

LesMILLS

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

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