



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00	7:30 - ACTÍVATE - S1			7:30 - CICLO INDOOR - SC	7:30 - SALUD - S2			7:00
8:00		8:00 - TOTAL TRAINING - S1	8:00 - CORE - ZF	8:45 - AQUA AEROBIC - P				8:00
			8:30 - HIIT - ZF					
9:00	9:00 - BODY PUMP - S1	9:00 - AQUA FITNESS - P	9:30 - ZUMBA - S1	9:15 - PILATES - S2	9:15 - YOGA - S2	9:15 - AQUA AEROBIC - P	9:15 - PILATES - S2	9:00
	9:00 - HIIT - ZF	9:15 - LES MILLS DANCE - S1	9:45 - SALUD - S2	9:30 - BODY COMBAT - S1	9:30 - BODY ATTACK - S1	9:30 - CICLO INDOOR - SC	9:45 - BODY PUMP - S1	
	9:15 - BODY BALANCE - S2	9:15 - PILATES - S2		9:45 - CICLO INDOOR - SC				
	9:30 - CORE - ZF	9:45 - CICLO INDOOR - SC						
10:00	10:00 - CICLO INDOOR - SC	10:15 - BODY PUMP - S1	10:30 - GAP - S1	10:30 - LES MILLS DANCE - S1	10:15 - PILATES - S2	10:00 - PILATES FAMILY - S2	10:15 - SPORT FAMILY - PP	10:00
	10:15 - PILATES - S1	10:30 - YOGA - S2	10:30 - CICLO INDOOR - SC	10:30 - BODY BALANCE - S2	10:30 - ZUMBA - S1	10:30 - BODY PUMP - S1	10:45 - CICLO INDOOR - SC	
	10:30 - AQUA FITNESS - P	10:30 - AQUA AEROBIC - P	10:30 - AQUA AEROBIC - P	10:30 - AQUA FITNESS - P	10:30 - CICLO INDOOR - SC	10:30 - CROSS TRAINING - ZF		
		10:45 - FUNCIONAL - ZF	10:45 - BODY BALANCE - S2	10:45 - CLUB RUNNING - P	10:30 - AQUA AEROBIC - P			
11:00	11:00 - STRETCHING - S2	11:45 - ACTÍVATE - S1	11:30 - BODY PUMP - S1	11:30 - GAP - S1	11:30 - BODY PUMP - S1	11:00 - SALUD - S2	11:15 - ZUMBA - S1	11:00
	11:15 - ZUMBA - S1	11:30 - PILATES - S2	11:30 - AQUA PILATES - P	11:30 - PILATES - S2	11:30 - AQUA FITNESS - P	11:30 - DANCE FAMILY - S1		
	11:30 - AQUA PILATES - P		11:45 - PILATES - S2			11:30 - CORE - ZF		
12:00	12:15 - CORE - ZF		12:30 - ACTÍVATE - S1	12:00 - HIIT - ZF			12:00 - GAP - S1	12:00
						12:45 - HIIT - ZF		
13:00								13:00
14:00	14:30 - CICLO INDOOR - SC		14:30 - BODY PUMP - S1					14:00
15:00		15:30 - AQUA FITNESS - P		15:30 - SALUD - S2	15:30 - TOTAL TRAINING - S1			15:00
17:00	17:00 - GAP - S1	17:00 - TOTAL TRAINING - S1	17:30 - BODY PUMP - S1	17:00 - GAP - S1	17:00 - ACTÍVATE - S1	17:30 - GAP - S1		17:00
	17:30 - TONO KIDS - PP	17:30 - BODY BALANCE - S2	17:30 - CARDIO KIDS - PP	17:30 - CARDIO KIDS - PP	17:45 - YOGA - S2			
	17:45 - BODY BALANCE - S2	17:45 - TONO KIDS - PP	17:45 - CROSS TRAINING - ZF	17:45 - CROSS TRAINING - ZF				
		17:45 - CLUB SWIMMING - P	17:45 - CLUB SWIMMING - P	17:45 - CLUB SWIMMING - P				
18:00	18:00 - LES MILLS DANCE - S1	18:00 - CICLO INDOOR - SC	18:15 - YOGA - S2	18:00 - DANCE FAMILY - S1	18:00 - SPORT FAMILY - S1	18:30 - CICLO INDOOR - SC		18:00
	18:00 - FUNCIONAL - ZF	18:15 - BODY COMBAT - S1	18:15 - AQUA FITNESS - P	18:00 - BODY BALANCE - S2	18:15 - CICLO INDOOR - SC			
	18:15 - CICLO INDOOR - SC	18:30 - SALUD - S2	18:30 - CARDIO KIDS - PP	18:30 - CICLO INDOOR - SC	18:45 - PILATES - S2			
	18:15 - CARDIO KIDS - PP	18:30 - HIIT - ZF	18:30 - CICLO INDOOR - SC					
	18:15 - AQUA AEROBIC - P		18:30 - ZUMBA - S1					
19:00	19:00 - BODY PUMP - S1	19:00 - CORE - ZF	19:00 - CLUB SWIMMING - P	19:00 - BODY PUMP - S1	19:00 - LES MILLS DANCE - S1			19:00
	19:00 - SALUD - S2	19:15 - BODY PUMP - S1	19:15 - PILATES - S2	19:00 - BODY BALANCE - S2	19:15 - HIIT - ZF			
	19:15 - CICLO INDOOR - SC	19:30 - YOGA - S2	19:30 - BODY COMBAT - S1	19:30 - CLUB RUNNING - EXT	19:45 - BODY BALANCE - S2			
	19:15 - CLUB SWIMMING - P				19:45 - AQUA PILATES - P			
20:00	20:00 - AQUA AEROBIC - P	20:00 - CICLO INDOOR - SC	20:00 - CICLO INDOOR - SC	20:00 - SALUD - S2	20:00 - BODY PUMP - S1			
	20:00 - BODY COMBAT - S1	20:15 - ZUMBA - S1	20:00 - AQUA FITNESS - P	20:00 - CICLO INDOOR - SC	20:45 - AQUA AEROBIC - P			
	20:00 - PILATES - S2	20:30 - STRETCHING - S2	20:15 - BODY ATTACK - S2	20:15 - ZUMBA - S1				
	20:15 - CORE - ZF	20:30 - AQUA AEROBIC - P	20:30 - GAP - S1	20:15 - AQUA FITNESS - P				
21:00	21:00 - AQUA FITNESS - P		21:00 - AQUA FITNESS - P	21:00 - CORE - ZF				
	21:00 - CROSS TRAINING - ZF			21:15 - TOTAL TRAINING - S1				

L-V: 7:00 - 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