



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

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