



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
8:00	8:45 CORE SALA 1	FUNCIONAL ZONA FUNCIONAL	8:30 CORE SALA 1	CROSS TRAINING SALA 2	8:30 GAP SALA 1			8:00
9:00								9:00
9:15	CICLO INDOOR SALA CICLO	PILATES SALA 2	CICLO INDOOR SALA CICLO	BODY COMBAT SALA 1	BODY COMBAT SALA 2	TOTAL TRAINING SALA 1	CICLO INDOOR SALA CICLO	9:15
9:30	CROSS TRAINING SALA 2		SALUD SALA 2		ZUMBA SALA 1	9:45 AQUA FITNESS PISCINA	CROSS TRAINING SALA 2	9:30
10:00		ZUMBA SALA 1		PILATES SALA 2	AQUA AEROBIC PISCINA	BODY COMBAT SALA 2		10:00
10:15	BODY PUMP SALA 1	BODY COMBAT SALA 2	BODY PUMP SALA 1	TOTAL TRAINING SALA 1	BODY BALANCE SALA 2 HIIT ZONA FUNCIONAL		BODY PUMP SALA 1	10:15
10:30	SALUD SALA 2 AQUA AEROBIC PISCINA	AQUA AEROBIC PISCINA	AQUA AEROBIC PISCINA ZUMBA SALA 2	AQUA AEROBIC PISCINA	BODY PUMP SALA 1	CICLO INDOOR SALA CICLO	CORE ZONA FUNCIONAL LES MILLS DANCE SALA 2	10:30
10:45								10:45
11:00		BODY PUMP SALA 1		CICLO INDOOR SALA CICLO	AQUA PILATES PISCINA	YOGA SALA 2	AQUA AEROBIC PISCINA	11:00
11:15	BODY ATTACK SALA 1	YOGA SALA 2	ACTÍVATE SALA 1			ZUMBA SALA 1		11:15
11:30	ZUMBA SALA 2 AQUA BIKE PISCINA	AQUA PILATES PISCINA	BODY BALANCE SALA 2 AQUA BIKE PISCINA	AQUA PILATES PISCINA	STRETCHING SALA 2 ACTÍVATE SALA 1		PILATES SALA 2	11:30
11:45							ACTÍVATE SALA 1	11:45
12:00		CICLO INDOOR SALA CICLO HIIT ZONA FUNCIONAL	FUNCIONAL ZONA FUNCIONAL	YOGA SALA 2			CLUB SWIMMING PISCINA	12:00
12:15						BODY ATTACK SALA 1 CORE ZONA FUNCIONAL		12:15
12:30	STRETCHING SALA 2 AQUA PILATES PISCINA	AQUA FITNESS PISCINA		AQUA FITNESS PISCINA		12:45 HIIT ZONA FUNCIONAL		12:30
14:15	BODY PUMP SALA 1		CROSS TRAINING SALA 2	14:45 GAP SALA 1	CICLO INDOOR SALA CICLO			14:15
15:15		ACTÍVATE SALA 1						15:15
16:45	16:15 SPORT FAMILY SALA 1	CICLO INDOOR SALA CICLO	CICLO INDOOR SALA CICLO	CICLO INDOOR SALA CICLO	16:30 PILATES FAMILY SALA 2			16:45
17:00						FUNCIONAL ZONA FUNCIONAL		17:00
17:15	FUNCIONAL ZONA FUNCIONAL							17:15
17:30		17:45 BODY BALANCE SALA 2		ACTÍVATE SALA 2	AQUA FITNESS P BODY PUMP S1 TONO KIDS S2	SALUD SALA 2		17:30
17:45		CICLO INDOOR SALA CICLO	BODY PUMP SALA 1 CARDIO KIDS PATIO / SALA2 CLUB RUNNING EXTERIOR	CICLO INDOOR SALA CICLO GAP SALA 1				17:45
18:00	BODY ATTACK SALA 1	BODY COMBAT SALA 1						18:00
18:15	ZUMBA SALA 2				CROSS TRAINING SALA 2			18:15
18:30	AQUA AEROBIC PISCINA	AQUA AEROBIC PISCINA	AQUA AEROBIC PISCINA STRETCHING SALA 2	AQUA AEROBIC PISCINA YOGA SALA 2	ZUMBA SALA 1	CROSS TRAINING SALA 2		18:30
18:45		PILATES SALA 2	LES MILLS DANCE SALA 1	BODY COMBAT SALA 1 HIIT ZONA FUNCIONAL	CORE ZONA FUNCIONAL			18:45
19:00	BODY PUMP SALA 1 HIIT ZONA FUNCIONAL	ZUMBA SALA 1 CORE ZONA FUNCIONAL	PILATES SALA 2 HIIT ZONA FUNCIONAL		CICLO INDOOR SALA CICLO			19:00
19:15	CICLO INDOOR SALA CICLO							19:15
19:30	PILATES SALA 2		CORE ZONA FUNCIONAL	BODY BALANCE SALA 2	ACTÍVATE SALA 1 BODY BALANCE SALA 2			19:30
19:45		CROSS TRAINING SALA 2	BODY ATTACK SALA 1	ZUMBA SALA 1 CORE ZONA FUNCIONAL				19:45
20:00	BODY COMBAT SALA 1	TOTAL TRAINING SALA 1	YOGA SALA 2					20:00
20:15	AQUA FITNESS PISCINA		AQUA FITNESS PISCINA					20:15
20:30	SALUD SALA 2	AQUA BIKE PISCINA		AQUA BIKE PISCINA CROSS TRAINING SALA 2	TOTAL TRAINING SALA 1			20:30
20:45	CICLO INDOOR SALA CICLO	ACTÍVATE SALA 2	GAP SALA 1	BODY PUMP SALA 1				20:45
21:00	GAP SALA 1		CICLO INDOOR SALA CICLO					21:00