

# HORARIO

# COLECTIVAS

 CARDIOVASCULAR 
  TONIFICACIÓN 
  BAILE 
  CUERPO/MENTE 
  ACT. INFANTILES 
  PISCINA

|       | LUNES                 | MARTES                | MIÉRCOLES             | JUEVES                | VIERNES               |       |
|-------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------|
| 8:00  |                       |                       |                       |                       | TOTAL FIT- SALA 2     | 8:00  |
| 9:00  | AQUAFITNESS - PISCINA | AQUAFITNESS - PISCINA | AQUAFITNESS - PISCINA | AQUAFITNESS - PISCINA | AQUAFITNESS - PISCINA | 9:00  |
| 9:15  |                       | PILATES - SALA 1      |                       | PILATES - SALA 1      | PILATES - SALA 1      | 9:15  |
| 10:00 | AQUAGYM 3ªEDAD - P    | AQUAGYM 3ªEDAD - P    | AQUAGYM 3ªEDAD - P    | AQUAGYM 3ªEDAD - P    | AQUAGYM 3ªEDAD - P    | 10:00 |
| 10:15 |                       | TOTAL FIT- SALA 2     |                       | TOTAL FIT- SALA 2     | TOTAL FIT- SALA 2     | 10:15 |
| 11:00 | AQUAPILATES - PISCINA | PILATES - SALA 1      | AQUAPILATES - PISCINA | PILATES - SALA 1      | AQUAPILATES - PISCINA | 11:00 |
| 17:15 | ZUMBA KIDS - SALA 2   | ZUMBA - SALA 2        | ZUMBA KIDS - SALA 2   | ZUMBA - SALA 2        |                       | 17:15 |
| 18:00 | TOTAL FIT- SALA 2     | PILATES - SALA 1      | TOTAL FIT- SALA 2     | PILATES - SALA 1      | BOXEO INFANTIL - S2   | 18:00 |
| 18:45 |                       | TOTAL FIT- SALA 2     |                       | TOTAL FIT- SALA 2     |                       | 18:45 |
| 19:00 | PILATES - SALA 1      | BOXEO ADULTO - S2     | PILATES - SALA 1      | BOXEO ADULTO - S2     | PILATES - SALA 1      | 19:00 |
| 19:00 |                       | PILATES - SALA 1      |                       |                       |                       | 19:00 |
| 20:00 | AQUAFITNESS - PISCINA | AQUAFITNESS - PISCINA | AQUAFITNESS - PISCINA | AQUAFITNESS - PISCINA | AQUAFITNESS - PISCINA | 20:00 |
|       | PILATES - SALA 1      |                       | PILATES - SALA 1      |                       |                       |       |