



espacio deportivo
piscina cartagena
ayto cartagena

HORARIO COLECTIVAS

LES MILLS

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

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00	7:15 - CICLO INDOOR - SC		7:00 - CORE - ZF		7:00 - FUNCIONAL - ZF			7:00
8:00	8:30 - PILATES - S2	8:00 - CORE - ZF	8:45 - AQUA AEROBIC - P	8:45 - AQUA FITNESS - P				8:00
	8:45 - AQUA AEROBIC - P	8:45 - AQUA FITNESS - P						
9:00	9:15 - BODY PUMP - S1	9:15 - YOGA - S2	9:00 - BODY BALANCE - S2	9:00 - CICLO INDOOR - SC	9:15 - PILATES - S2	9:15 - AQUA AEROBIC - P	9:15 - PILATES - S2	9:00
	9:30 - SALUD - S2	9:30 - ZUMBA - S1	9:15 - ACTÍVATE - S1	9:00 - ZUMBA - S1	9:30 - BODY ATTACK - S1	9:30 - CICLO INDOOR - SC		
	9:45 - AQUA FITNESS - P	9:30 - CROSS TRAINING - ZF	9:45 - AQUA FITNESS - P	9:15 - SALUD - S2	9:30 - AQUA FITNESS - P			
		9:45 - AQUA AEROBIC - P		9:45 - AQUA AEROBIC - P				
10:00	10:00 - CICLO INDOOR - SC	10:15 - PILATES - S2	10:00 - PILATES - S2	10:00 - BODY COMBAT - S1	10:15 - SALUD - S2	10:15 - SALUD - S2	10:15 - HIIT - ZF	10:00
	10:00 - HIIT - ZF	10:30 - BODY PUMP - S1	10:15 - CICLO INDOOR - SC	10:15 - PILATES - S2	10:30 - ZUMBA - S1	10:30 - BODY PUMP - S1	10:45 - CORE - ZF	
	10:15 - GOALING - S1		10:15 - ZUMBA - S1		10:30 - CICLO INDOOR - SC			
	10:30 - CORE - ZF							
	10:30 - BODY BALANCE - S2							
11:00	11:15 - ZUMBA - S1	11:15 - STRETCHING - S2	11:00 - SALUD - S2	11:00 - GAP - S1	11:30 - BODY PUMP - S1	11:15 - CROSS TRAINING - ZF	11:15 - CICLO INDOOR - SC	11:00
		11:30 - CICLO INDOOR - SC	11:30 - BODY PUMP - S1	11:15 - YOGA - S2		11:30 - ZUMBA - S1		
12:00			12:30 - HIIT - ZF					12:00
13:00								13:00
14:00	14:30 - CICLO INDOOR - SC				14:30 - HIIT - ZF			14:00
15:00		15:15 - CORE - ZF	15:30 - CLUB SWIMMING - P					15:00
16:00								16:00
17:00	17:15 - GAP - S1		17:30 - CICLO INDOOR - SC		17:15 - ZUMBA - S1	17:30 - CORE - ZF		17:00
18:00	18:00 - YOGA - S2	18:00 - CICLO INDOOR - SC	18:15 - YOGA - S2	18:00 - PILATES - S2	18:15 - BODY PUMP - S1			18:00
	18:15 - ZUMBA - S1	18:15 - BODY PUMP - S1	18:30 - ZUMBA - S1	18:15 - GAP - S1	18:30 - PILATES - S2			
	18:15 - CARDIO KIDS - PP	18:30 - SALUD - S2	18:30 - TONO KIDS - PP	18:15 - CROSS TRAINING - ZF				
	18:15 - CROSS TRAINING - ZF							
	18:30 - CICLO INDOOR - SC							
19:00	19:00 - BODY BALANCE - S2	19:00 - CARDIO KIDS - PP	19:15 - AQUA AEROBIC - P	19:00 - SALUD - S2	19:00 - CROSS TRAINING - ZF			19:00
	19:15 - BODY PUMP - S1	19:15 - FUNCIONAL - ZF	19:15 - PILATES - S2	19:15 - BODY PUMP - S1	19:15 - CICLO INDOOR - SC			
	19:30 - CICLO INDOOR - SC	19:15 - BODY COMBAT - S1	19:30 - BODY ATTACK - S1	19:45 - CICLO INDOOR - SC	19:15 - GAP - S1			
		19:30 - YOGA - S2	19:30 - CROSS TRAINING - ZF		19:30 - YOGA - S2			
20:00	20:00 - AQUA FITNESS - P	20:15 - ZUMBA - S1	20:15 - SALUD - S2	20:00 - AQUA FITNESS - P	20:00 - AQUA AEROBIC - P			
	20:00 - PILATES - S2	20:15 - CICLO INDOOR - SC	20:30 - BODY PUMP - S1	20:00 - BODY BALANCE - S2				
	20:15 - CORE - ZF	20:30 - PILATES - S2		20:15 - ZUMBA - S1				
	20:15 - BODY COMBAT - S1	20:30 - AQUA AEROBIC - P						
	20:45 - FUNCIONAL - ZF							
21:00	21:00 - CICLO INDOOR - SC	21:00 - 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