

ACTIVIDADES DIRIGIDAS - MARZO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	BODYPUMP - S1 08:15 - 09:15	SPINNING - S3 08:15 - 09:05	BODYPUMP - S1 08:15 - 09:15	SPINNING - S3 08:15 - 09:05			
08:30	AQUAFITNESS - PP 08:30 - 09:15	AQUAFITNESS - PP 08:30 - 09:15	AQUAFITNESS - PP 08:30 - 09:15	AQUAFITNESS - PP 08:30 - 09:15	AQUAFITNESS - PP 08:30 - 09:15		
09:00	AQUAFITNESS - PP 09:15 - 10:00	AQUAFITNESS - PP 09:15 - 10:00	AQUAFITNESS - PP 09:15 - 10:00	AQUAFITNESS - PP 09:15 - 10:00	AQUAFITNESS - PP 09:15 - 10:00		
09:30	GAP - S1 09:30 - 10:30	FUNCIONAL FIT- SF 09:30 - 10:00	GAP 30' - S2 09:30 - 10:00	STEP - S1 09:30 - 10:30	BODYPUMP - S1 09:30 - 10:30		
		STEP - S1 09:30 - 10:30	ZUMBA - S1 09:30 - 10:30	FUNCIONAL FIT- SF 09:30 - 10:00			
		PILATES - S2 09:30 - 10:10		PILATES - S2 09:30 - 10:30			
10:00	AQUAFITNESS - PP 10:00 - 10:45	AQUAFITNESS - PP 10:00 - 10:45	PILATES - S2 10:00 - 11:00	AQUAFITNESS - PP 10:00 - 10:45	ZUMBA - S2 10:00 - 11:00	FUNCIONAL FIT- SF 10:00 - 10:30	PILATES - S2 10:00 - 11:00
			AQUAFITNESS - PP 10:00 - 10:45		AQUAFITNESS - PP 10:00 - 10:45	ZUMBA - S1 10:00 - 11:00	
10:30	SPINNING - S3 10:45 - 11:35	BODYPUMP - S1 10:30 - 11:30	SPINNING - S3 10:45 - 11:30	SPINNING - S3 10:45 - 11:30	SPINNING - S3 10:45 - 11:30		
	BODYCOMBAT - S2 10:30 - 11:30	SPINNING - S3 10:45 - 11:30	AQUAFITNESS - PP 10:45 - 11:30	BODYPUMP - S1 10:30 - 11:30	AQUAFITNESS - PP 10:45 - 11:30		
	AQUAFITNESS - PP 10:45 - 11:30	PILATES - S2 10:30 - 11:30	BODYCOMBAT - S1 10:30 - 11:30	PILATES - S2 10:30 - 11:30	BODYCOMBAT - S1 10:30 - 11:30		
	ZUMBA - S1 10:30 - 11:30	AQUAFITNESS - PP 10:45 - 11:30		AQUAFITNESS - PP 10:45 - 11:30			
11:00			ESPALDA SANA - S2 11:00 - 12:00			SPINNING - S3 11:00 - 11:50	YOGA - S2 11:00 - 12:00
11:30		CORE 30' - S1 11:30 - 12:00		CORE 30' - S1 11:30 - 12:00			
		YOGA - S2 11:30 - 12:30		YOGA - S2 11:30 - 12:30			
12:00					BODYPUMP - S1 12:00 - 13:00		
14:00	SPINNING - S3 14:00 - 14:50	AQUAFITNESS - PP 14:00 - 14:45	SPINNING - S3 14:00 - 14:50	AQUAFITNESS - PP 14:00 - 14:45	SPINNING - S3 14:00 - 14:50		
	PILATES - S2 14:00 - 15:00	SPINNING - S3 14:00 - 14:50	PILATES - S2 14:00 - 15:00	SPINNING - S3 14:00 - 14:50	FUNCIONAL FIT- SF 14:00 - 14:30		
	AQUAFITNESS - PP 14:00 - 14:45	BODYCOMBAT - S1 14:00 - 15:00	AQUAFITNESS - PP 14:00 - 14:45	BODYCOMBAT - S1 14:00 - 15:00	AQUAFITNESS - PP 14:00 - 14:45		
15:00	SPINNING - S3 15:15 - 16:05	BODYPUMP - S1 15:15 - 16:15	SPINNING - S3 15:15 - 16:05	BODYPUMP - S1 15:15 - 16:15	SPINNING - S3 15:15 - 16:05		
15:30	AQUAFITNESS - PP 15:30 - 16:15		AQUAFITNESS - PP 15:30 - 16:15				
16:00		AQUAFITNESS - PP 16:15 - 17:00		AQUAFITNESS - PP 16:15 - 17:00			
17:30	ZUMBA - S1 17:30 - 18:30	KIDFIT - S1 17:30 - 18:15	ZUMBA - S1 17:30 - 18:30	YOUNGFIT - S1 17:30 - 18:15	MINIZUMBA - S2 17:30 - 18:15		
	PILATES - S2 17:30 - 18:30	GAP 30' - S2 17:30 - 18:00	PILATES - S2 17:30 - 18:30	EXPRESS 30' - S2 17:30 - 18:00			
18:00		PILATES - S2 18:00 - 19:00		PILATES - S2 18:00 - 19:00	BODYPUMP - S1 18:00 - 19:00		
		SPINNING - S3 18:00 - 18:50		SPINNING - S3 18:00 - 18:50			
18:30	SPINNING - S3 18:30 - 19:20	BODYPUMP - S1 18:30 - 19:30	SPINNING - S3 18:30 - 19:20	BODYPUMP - S1 18:30 - 19:30	ZUMBA - S2 18:30 - 19:30		
	FUNCIONAL FIT- SF 18:30 - 19:00	FUNCIONAL FIT- SF 18:30 - 19:00	FUNCIONAL FIT- SF 18:30 - 19:00	FUNCIONAL FIT- SF 18:30 - 19:00			
	BODYCOMBAT - S1 18:30 - 19:30		BODYCOMBAT - S1 18:30 - 19:30				
19:00		SPINNING - S3 19:00 - 19:50		SPINNING - S3 19:00 - 19:50	BODYCOMBAT - S1 19:00 - 20:00		
		AQUAFITNESS - PP 19:00 - 19:45		AQUAFITNESS - PP 19:00 - 19:45			
		CX POWER - S2 19:00 - 20:00		PILATES - S2 19:00 - 20:00			

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:30	SPINNING - S3 19:30 - 20:20	AQUAFITNESS - PP 19:45 - 20:30	SPINNING - S3 19:30 - 20:20	BODYCOMBAT - S1 19:30 - 20:30	SPINNING - S3 19:30 - 20:20		
	CORE 30' - S1 19:30 - 20:00	GAP - S1 19:30 - 20:30	CORE 30' - S1 19:30 - 20:00	AQUAFITNESS - PP 19:45 - 20:30	AQUAFITNESS - PP 19:30 - 20:15		
	ESTIRAMIENTOS - S2 19:30 - 20:00		PILATES - S2 19:30 - 20:30		FUNCIONAL FIT- SF 19:30 - 20:00		
	AQUAFITNESS - PP 19:30 - 20:15		AQUAFITNESS - PP 19:30 - 20:15				
20:00	BODYPUMP - S1 20:00 - 21:00	FUNCIONAL FIT- SF 20:00 - 20:30	BODYPUMP - S1 20:00 - 21:00	FUNCIONAL FIT- SF 20:00 - 20:30	AQUAFITNESS - PP 20:15 - 21:00		
	PILATES - S2 20:00 - 21:00	SPINNING - S3 20:00 - 20:50	AQUAFITNESS - PP 20:15 - 21:00	SPINNING - S3 20:00 - 20:50			
	AQUAFITNESS - PP 20:15 - 21:00	YOGA - S2 20:00 - 21:00		YOGA - S2 20:00 - 21:00			
20:30		AQUAFITNESS - PP 20:30 - 21:15	ESTIRAMIENTOS - S2 20:30 - 21:00	AQUAFITNESS - PP 20:30 - 21:15			
		CORE 30' - S1 20:30 - 21:00					

*Estos horarios podrán ser modificados según la necesidades organizativas del centro deportivo.

SPINNING TONIFICACIÓN CUERPO-MENTE COREOGRÁFICAS PISCINA ALTA INTENSIDAD INFANTILES

S1 - SALA 1 S2 - SALA 2 S3 - SALA 3, CICLO SF - SALA FITNESS