

## ACTIVIDADES DIRIGIDAS

SPINNING TONIFICACIÓN CUERPO-MENTE COREOGRÁFICAS PISCINA ALTA INTENSIDAD

S1 - SALA 1 S2 - SALA 2 S3 - SALA 3 (SPINNING) SF - SALA FITNESS PP - PISCINA PEQUEÑA

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	<b>BODYPUMP - S1</b> 08:15 - 09:15	<b>SPINNING - S3</b> 08:15 - 09:05	<b>BODYPUMP - S1</b> 08:15 - 09:15	<b>SPINNING - S3</b> 08:15 - 09:05			
08:30	<b>AQUAFITNESS - PP</b> 08:30 - 09:15	<b>AQUAFITNESS - PP</b> 08:30 - 09:15	<b>AQUAFITNESS - PP</b> 08:30 - 09:15	<b>AQUAFITNESS - PP</b> 08:30 - 09:15	<b>AQUAFITNESS - PP</b> 08:30 - 09:15		
09:00	<b>PILATES - S2</b> 09:00 - 10:00	<b>AQUAFITNESS - PP</b> 09:15 - 10:00	<b>AQUAFITNESS - PP</b> 09:15 - 10:00	<b>AQUAFITNESS - PP</b> 09:15 - 10:00	<b>AQUAFITNESS - PP</b> 09:15 - 10:00		
	<b>AQUAFITNESS - PP</b> 09:15 - 10:00		<b>PILATES - S2</b> 09:00 - 10:00				
	<b>FUNCIONAL BOXING - SF</b> 09:15 - 09:45		<b>FUNCIONAL BOXING - SF</b> 09:15 - 09:45				
09:30	<b>GAP 30' - S1</b> 09:30 - 10:00	<b>GAP - S1</b> 09:30 - 10:15		<b>FUNCIONAL FIT - SF</b> 09:30 - 10:00	<b>BODYPUMP - S1</b> 09:30 - 10:30	<b>FUNCIONAL FIT - SF</b> 09:30 - 10:00	
		<b>FUNCIONAL FIT - SF</b> 09:30 - 10:00		<b>GAP - S1</b> 09:30 - 10:15			
10:00	<b>AQUAFITNESS - PP</b> 10:00 - 10:45	<b>AQUAFITNESS - PP</b> 10:00 - 10:45	<b>AQUAFITNESS - PP</b> 10:00 - 10:45	<b>AQUAFITNESS - PP</b> 10:00 - 10:45	<b>AQUAFITNESS - PP</b> 10:00 - 10:45		<b>PILATES - S2</b> 10:00 - 11:00
	<b>BODYCOMBAT - S1</b> 10:00 - 11:00		<b>BODYCOMBAT - S1</b> 10:00 - 11:00				
	<b>ZUMBA - S2</b> 10:15 - 11:15		<b>ZUMBA - S2</b> 10:15 - 11:15				
10:30	<b>AQUAFITNESS - PP</b> 10:45 - 11:30	<b>BODYPUMP - S1</b> 10:30 - 11:30	<b>SPINNING - S3</b> 10:45 - 11:35	<b>AQUAFITNESS - PP</b> 10:45 - 11:30	<b>SPINNING - S3</b> 10:45 - 11:35	<b>SPINNING - S3</b> 10:45 - 11:35	
	<b>SPINNING - S3</b> 10:45 - 11:35	<b>AQUAFITNESS - PP</b> 10:45 - 11:30	<b>AQUAFITNESS - PP</b> 10:45 - 11:30	<b>BODYPUMP - S1</b> 10:30 - 11:30			
		<b>SPINNING - S3</b> 10:45 - 11:35		<b>SPINNING - S3</b> 10:45 - 11:35			
		<b>YOGA - S2</b> 10:30 - 11:30		<b>YOGA - S2</b> 10:30 - 11:30			
11:00						<b>YOGA - S2</b> 11:00 - 12:00	
12:00						<b>BODYPUMP - S1</b> 12:00 - 13:00	
14:00	<b>AQUAFITNESS - PP</b> 14:00 - 14:45	<b>AQUAFITNESS - PP</b> 14:00 - 14:45	<b>PILATES - S2</b> 14:00 - 15:00	<b>AQUAFITNESS - PP</b> 14:00 - 14:45	<b>AQUAFITNESS - PP</b> 14:00 - 14:45		
	<b>PILATES - S2</b> 14:00 - 15:00	<b>BODYCOMBAT - S1</b> 14:00 - 15:00	<b>AQUAFITNESS - PP</b> 14:00 - 14:45	<b>BODYCOMBAT - S1</b> 14:00 - 15:00	<b>SPINNING - S3</b> 14:00 - 14:50		
	<b>SPINNING - S3</b> 14:00 - 14:50		<b>SPINNING - S3</b> 14:00 - 14:50				
15:00	<b>SPINNING - S3</b> 15:15 - 16:05	<b>BODYPUMP - S1</b> 15:15 - 16:15	<b>SPINNING - S3</b> 15:15 - 16:05	<b>BODYPUMP - S1</b> 15:15 - 16:15	<b>SPINNING - S3</b> 15:15 - 16:05		
15:30	<b>AQUAFITNESS - PP</b> 15:30 - 16:15		<b>AQUAFITNESS - PP</b> 15:30 - 16:15				
17:30	<b>ZUMBA - S1</b> 17:30 - 18:30	<b>GAP 30' - S1</b> 17:30 - 18:00	<b>ZUMBA - S1</b> 17:30 - 18:30				
18:00		<b>BODYPUMP - S1</b> 18:00 - 19:00		<b>BODYPUMP - S1</b> 18:00 - 19:00	<b>CORE 30' - S2</b> 18:00 - 18:30		
		<b>SPINNING - S3</b> 18:00 - 18:50		<b>SPINNING - S3</b> 18:00 - 18:50			
18:30	<b>SPINNING - S3</b> 18:30 - 19:20	<b>PILATES - S2</b> 18:30 - 19:30	<b>PILATES - S2</b> 18:30 - 19:30	<b>PILATES - S2</b> 18:30 - 19:30			
	<b>PILATES - S2</b> 18:30 - 19:30		<b>BODYCOMBAT - S1</b> 18:30 - 19:30				
	<b>BODYCOMBAT - S1</b> 18:30 - 19:30		<b>SPINNING - S3</b> 18:30 - 19:20				
19:00	<b>AQUAFITNESS - PP</b> 19:15 - 20:00	<b>AQUAFITNESS - PP</b> 19:15 - 20:00		<b>AQUAFITNESS - PP</b> 19:15 - 20:00	<b>SPINNING - S3</b> 19:00 - 19:50		
		<b>SPINNING - S3</b> 19:00 - 19:50		<b>SPINNING - S3</b> 19:00 - 19:50			

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:30	<b>BODYPUMP - S1</b> 19:30 - 20:30	<b>CX POWER 30' - S1</b> 19:30 - 20:00	<b>AQUAFITNESS - PP</b> 19:30 - 20:15	<b>CX POWER 30' - S1</b> 19:30 - 20:00	<b>AQUAFITNESS - PP</b> 19:30 - 20:15		
	<b>CORE 30' - S2</b> 19:30 - 20:00	<b>PILATES - S2</b> 19:30 - 20:30	<b>SPINNING - S3</b> 19:30 - 20:20	<b>PILATES - S2</b> 19:30 - 20:30			
	<b>SPINNING - S3</b> 19:30 - 20:20		<b>CORE 30' - S2</b> 19:30 - 20:00	<b>BODYPUMP - S1</b> 19:30 - 20:30			
20:00	<b>FUNCIONAL FIT - SF</b> 20:00 - 20:30	<b>AQUAF. EXPRESS - PP</b> 20:00 - 20:30	<b>FUNCIONAL FIT - SF</b> 20:00 - 20:30	<b>AQUAF. EXPRESS - PP</b> 20:00 - 20:30	<b>FUNCIONAL FIT - SF</b> 20:00 - 20:30		
	<b>YOGA - S2</b> 20:00 - 21:00	<b>SPINNING - S3</b> 20:00 - 20:50	<b>YOGA - S2</b> 20:00 - 21:00	<b>SPINNING - S3</b> 20:00 - 20:50			
		<b>FUNCIONAL BOXING - SF</b> 20:00 - 20:30		<b>FUNCIONAL BOXING - SF</b> 20:00 - 20:30			
20:30		<b>ESTIRAMIENTOS - S2</b> 20:30 - 21:00		<b>ESTIRAMIENTOS - S2</b> 20:30 - 21:00			

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