ACTIVIDADES DIRIGIDAS

SPINNING TONIFICACIÓN CUERPO-MENTE COREOGRÁFICAS PISCINA ALTA INTENSIDAD

S1 – SALA 1 **S2** – SALA 2 **S3** – SALA 3 (BOXING) **S4** – SALA 4 (SPINNING) **SF** – SALA FITNESS **PP** – PISCINA PEQUEÑA

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	FUNCIONAL FIT – SF 07:15 - 08:15	FUNCIONAL FIT – SF 07:15 - 08:15	FUNCIONAL FIT – SF 07:15 - 08:15	FUNCIONAL FIT – SF 07:15 - 08:15			
08:00	FUNCIONAL FIT – SF 08:15 - 09:15 SPINNING – S4 08:15 - 09:05 AQUAFITNESS – PP 08:15 - 09:00 PILATES POWER – S1 08:15 - 09:15	AQUAFITNESS – PP 08:15 - 09:00 PILATES – S1 08:15 - 09:15 BODYPUMP – S2 08:15 - 09:15	AQUAFITNESS – PP 08:15 - 09:00 GAP – S2 08:15 - 09:15 SPINNING – S4 08:15 - 09:05 PILATES POWER – S1 08:15 - 09:15	AQUAFITNESS – PP 08:15 - 09:00 FUNCIONAL FIT – SF 08:15 - 09:15 PILATES – S1 08:15 - 09:15	AQUAFITNESS – PP 08:15 - 09:00 CUIDADO ESPALDA – S1 08:15 - 09:15 FUNCIONAL FIT – SF 08:15 - 09:15 SPINNING – S4 08:15 - 09:05		
08:30				ESTILOS – S1 08:30 - 09:30			
09:00	AQUAFITNESS – PP 09:00 - 09:45	AQUAFITNESS – PP 09:00 - 09:45	AQUAFITNESS – PP 09:00 - 09:45	AQUAFITNESS – PP 09:00 - 09:45	AQUAFITNESS – PP 09:00 - 09:45		AQUAFITNESS – PP 09:15 - 10:00
09:30	SPINNING – S4 09:30 - 10:20 PILATES – S1 09:30 - 10:30 ESTILOS – S2 09:30 - 10:30 FUNCIONAL FIT – SF 09:30 - 10:30 AQUAFITNESS – PP 09:45 - 10:30	FUNCIONAL FIT – SF 09:30 - 10:30 BODYTONIC – S2 09:30 - 10:30 SPINNING – S4 09:30 - 10:30 AQUAFITNESS – PP 09:45 - 10:30 PILATES – S1 09:30 - 10:30	SPINNING – S4 09:30 - 10:20 AQUAFITNESS – PP 09:45 - 10:30 FUNCIONAL FIT – SF 09:30 - 10:30 ESTILOS – S2 09:30 - 10:30 PILATES – S1 09:30 - 10:30	SPINNING – S4 09:30 - 10:30 AQUAFITNESS – PP 09:45 - 10:30 PILATES – S1 09:30 - 10:30 FUNCIONAL FIT – SF 09:30 - 10:30 BODYTONIC – S2 09:30 - 10:30	SPINNING – S4 09:30 - 10:20 ESTILOS – S2 09:30 - 10:30 YOGA – S1 09:30 - 10:30 AQUAFITNESS – PP 09:45 - 10:30 FUNCIONAL FIT – SF 09:30 - 10:30	FUNCIONAL FIT – SF 09:30 - 10:30 YOGA – S1 09:30 - 10:30 ESTILOS – S2 09:30 - 10:30	FUNCIONAL FIT – SF 09:30 - 10:30
10:00							AQUAFITNESS – PP 10:00 - 10:45
10:30	PILATES – S1 10:30 - 11:30 HITBOXING – S3 10:30 - 11:30 BODYPUMP – S2 10:30 - 11:30	SPINNING – S4 10:30 - 11:30 AQUAFITNESS – PP 10:30 - 11:15 CUIDADO ESPALDA – S1 10:30 - 11:30 ZUMBA – S2 10:30 - 11:30	PILATES – S1 10:30 - 11:30 HITBOXING – S3 10:30 - 11:30 BODYPUMP – S2 10:30 - 11:30	SPINNING – S4 10:30 - 11:30 AQUAFITNESS – PP 10:30 - 11:15 ZUMBA – S2 10:30 - 11:30 BODYBALANCE – S1 10:30 - 11:30	BODYPUMP – S2 10:30 - 11:30 HITBOXING – S3 10:30 - 11:30 PILATES – S1 10:30 - 11:30	BODYPUMP – S2 10:30 - 11:30 PILATES – S1 10:30 - 11:30 FUNCIONAL FIT – SF 10:30 - 11:30	BODYPUMP – S2 10:30 - 11:30
11:30	AQUAFITNESS – PP 11:30 - 12:15 CUIDADO ESPALDA – S1 11:30 - 12:30	YOGA – S1 11:30 - 12:30	AQUAFITNESS – PP 11:30 - 12:15 BODYBALANCE – S1 11:30 - 12:30	YOGA – S1 11:30 - 12:30	BODYBALANCE – S1 11:30 - 12:30	SPINNING – S4 11:30 - 12:30	SPINNING VIRTUAL – S4 11:30 - 12:20
12:30						AQUAFITNESS – PP 12:45 - 13:30	
14:00	FUNCIONAL FIT – SF 14:00 - 15:00	FUNCIONAL FIT – SF 14:00 - 15:00	FUNCIONAL FIT – SF 14:00 - 15:00	FUNCIONAL FIT – SF 14:00 - 15:00	FUNCIONAL FIT – SF 14:00 - 15:00		
14:30		AQUAFITNESS – PP 14:30 - 15:15		AQUAFITNESS – PP 14:30 - 15:15	AQUAFITNESS – PP 14:30 - 15:15		
15:30	YOGA – S1 15:30 - 16:30 AQUAFITNESS – PP 15:30 - 16:15	AQUAFITNESS – PP 15:30 - 16:15 BODYPUMP – S2 15:30 - 16:30	AQUAFITNESS – PP 15:30 - 16:15 YOGA – S1 15:30 - 16:30	BODYPUMP – S2 15:30 - 16:30 AQUAFITNESS – PP 15:30 - 16:15	AQUAFITNESS – PP 15:30 - 16:15 PILATES – S1 15:30 - 16:30		
17:30	GAP 30 – S2 17:30 - 18:00	HIIT 30 – S2 17:30 - 18:00	ABD 30 – S2 17:30 - 18:00	GLÚTEOS 30 – S2 17:30 - 18:00	HIIT 30 – S2 17:30 - 18:00		
18:00	SPINNING – S4 18:00 - 18:50 PILATES – S1 18:00 - 19:00 FUNCIONAL FIT – SF 18:00 - 19:00 BODYPUMP – S2 18:00 - 19:00	FUNCIONAL FIT – SF 18:00 - 19:00 BODYBALANCE – S1 18:00 - 19:00 BODYPUMP – S2 18:00 - 19:00	PILATES – S1 18:00 - 19:00 GAP – S2 18:00 - 19:00 FUNCIONAL FIT – SF 18:00 - 19:00 SPINNING – S4 18:00 - 18:50	FUNCIONAL FIT – SF 18:00 - 19:00 BODYPUMP – S2 18:00 - 19:00 BODYBALANCE – S1 18:00 - 19:00	GAP – S2 18:00 - 19:00 PILATES – S1 18:00 - 19:00		

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:00	SPINNING – S4 19:00 - 19:50 ZUMBA – S2 19:00 - 20:00 FUNCIONAL FIT – SF 19:00 - 20:00 AQUAFITNESS – PP 19:00 - 19:45 HITBOXING – S3 19:00 - 20:00 YOGA – S1 19:00 - 20:00	STRETCHING – S1 19:00 - 20:00 SPINNING – S4 19:00 - 19:50 FUNCIONAL FIT – SF 19:00 - 20:00 BODYCOMBAT – S2 19:00 - 20:00	SPINNING – S4 19:00 - 19:50 FUNCIONAL FIT – SF 19:00 - 20:00 AQUAFITNESS – PP 19:00 - 19:45 ZUMBA – S2 19:00 - 20:00 YOGA – S1 19:00 - 20:00 HITBOXING – S3 19:00 - 20:00	SPINNING – S4 19:00 - 19:50 BODYCOMBAT – S2 19:00 - 20:00 FUNCIONAL FIT – SF 19:00 - 20:00 STRETCHING – S1 19:00 - 20:00	SPINNING – S4 19:00 - 19:50 FUNCIONAL FIT – SF 19:00 - 20:00		
19:30	AQUAFITNESS – PP 19:45 - 20:30	AQUAFITNESS – PP 19:30 - 20:15	AQUAFITNESS – PP 19:45 - 20:30	AQUAFITNESS – PP 19:30 - 20:15	AQUAFITNESS – PP 19:30 - 20:15		
20:00	FUNCIONAL FIT – SF 20:00 - 21:00 BODYPUMP – S2 20:00 - 21:00 BODYBALANCE – S1 20:00 - 21:00	AQUAFITNESS – PP 20:15 - 21:00 PILATES – S1 20:00 - 21:00 GAP – S2 20:00 - 21:00	BODYBALANCE – S1 20:00 - 21:00 BODYPUMP – S2 20:00 - 21:00 FUNCIONAL FIT – SF 20:00 - 21:00	AQUAFITNESS – PP 20:15 - 21:00 PILATES – S1 20:00 - 21:00			

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

**Actividad no incluida en el Bono Mensual.