

Las **ACTIVIDADES INFANTILES** no están incluidas dentro de los bonos mensuales.
 Consultar precios en **BONOS/TARIFAS**.

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:30		PILATES - S2 08:30 - 09:30		PILATES - S2 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		
09:30	SINERGY - SF 09:30 - 10:15	SINERGY - SF 09:30 - 10:15	SINERGY - SF 09:30 - 10:15	SINERGY - SF 09:30 - 10:15	SINERGY - SF 09:30 - 10:15	SINERGY - SF 09:30 - 10:30	
	SPINNING - S4 09:30 - 10:20	AEROCOMBAT - S1 09:30 - 10:30	SPINNING - S4 09:30 - 10:20	AEROCOMBAT - S1 09:30 - 10:30	SPINNING - S4 09:30 - 10:20		
	AQUAFITNESS - PP 09:45 - 10:30	AQUAFITNESS - PP 09:45 - 10:30	AQUAFITNESS - PP 09:45 - 10:30	AQUAFITNESS - PP 09:45 - 10:30	AQUAFITNESS - PP 09:45 - 10:30		
	ESTILOS - S1 09:30 - 10:30	BALLET FIT - S2 09:30 - 10:30	ESTILOS - S1 09:30 - 10:30	BALLET FIT - S2 09:30 - 10:30	ESTILOS - S1 09:30 - 10:30		
	PILATES - S2 09:30 - 10:30	CUIDADO ESPALDA - S3 09:30 - 10:30	PILATES - S2 09:30 - 10:30		CUIDADO ESPALDA - S2 09:30 - 10:30		
10:00		RUNNING - EXT 10:00 - 11:00		RUNNING - EXT 10:00 - 11:00			
10:30	SPINNING - S4 10:30 - 11:20	AQUAFITNESS - PP 10:30 - 11:15	SPINNING - S4 10:30 - 11:20	AQUAFITNESS - PP 10:30 - 11:15	PILATES - S1 10:30 - 11:30	ZUMBA - S1 10:30 - 11:30	BODYPOWER - S1 10:30 - 11:30
	AQUADANCE - PP 10:30 - 11:15	SPINNING - S4 10:30 - 11:20	AQUADANCE - PP 10:30 - 11:15	SPINNING - S4 10:30 - 11:20	SPINNING - S4 10:30 - 11:20	BODYPOWER - S2 10:30 - 11:30	
	GAP - S2 10:30 - 11:30	ZUMBA - S1 10:30 - 11:30	COMBO - S2 10:30 - 11:30	ZUMBA - S1 10:30 - 11:30			
	PILATES - S1 10:30 - 11:30	BODYPOWER - S2 10:30 - 11:30	PILATES - S1 10:30 - 11:30	BODYPOWER - S2 10:30 - 11:30			
11:30	ABD 30' - S2 11:30 - 12:00	GAP 30' - S2 11:30 - 12:00	ABD 30' - S2 11:30 - 12:00	GAP 30' - S2 11:30 - 12:00		GAP - S1 11:30 - 12:30	
	YOGA - S1 11:30 - 12:30		YOGA - S1 11:30 - 12:30		SPINNING - S4 11:30 - 12:20		
12:00							SINERGY - SF 12:00 - 13:00
14:00	TABATA 30' - SF 14:00 - 14:30	SINERGY - SF 14:00 - 14:45	TABATA 30' - SF 14:00 - 14:30	SINERGY - SF 14:00 - 14:45	SINERGY - SF 14:00 - 15:00		
14:30	GAP 30' - S1 14:30 - 15:00	SPINNING - S4 14:30 - 15:20	GAP 30' - S1 14:30 - 15:00	SPINNING - S4 14:30 - 15:20			
		AQUAFITNESS - PP 14:30 - 15:15		AQUAFITNESS - PP 14:30 - 15:15			
15:30	AQUAFITNESS - PP 15:30 - 16:15	AQUAFITNESS - PP 15:30 - 16:15	AQUAFITNESS - PP 15:30 - 16:15	AQUAFITNESS - PP 15:30 - 16:15			
	YOGA - S1 15:30 - 16:30	BODYPOWER - S1 15:30 - 16:30	YOGA - S1 15:30 - 16:30	BODYPOWER - S1 15:30 - 16:30			
17:30	GAP 30' - S1 17:30 - 18:00	ABD 30' - S1 17:30 - 18:00	GAP 30' - S1 17:30 - 18:30	ABD 30' - S1 17:30 - 18:00	BAILE KIDS - S3 17:30 - 18:30	AQUAFITNESS - PP 17:30 - 18:30	
	BALLET FIT KIDS - S3 17:30 - 18:30	KIDFIT - S3 17:30 - 18:30	BALLET FIT KIDS - S3 17:30 - 18:30	KIDFIT - S3 17:30 - 18:30			
18:00	BALLET FIT - S1 18:00 - 19:00	BODYPOWER - S1 18:00 - 19:00	BALLET FIT - S1 18:00 - 19:00	BODYPOWER - S1 18:00 - 19:00	GAP - S1 18:00 - 19:00		
	PILATES - S2 18:00 - 19:00		PILATES - S2 18:00 - 19:00				
18:30	FUNKY - S3 18:30 - 19:30	SPINNING - S4 18:30 - 19:20	FUNKY - S3 18:30 - 19:30	SPINNING - S4 18:30 - 19:20	ZUMBA - S1 18:30 - 19:30		
		YOUNGFIT - S3 18:30 - 19:30		YOUNGFIT - S3 18:30 - 19:30			
		TABATA 30' - SF 18:30 - 19:00		TABATA 30' - SF 18:30 - 19:00			
		STRONG BY ZUMBA - S2 18:30 - 19:30		STRONG BY ZUMBA - S2 18:30 - 19:30			
19:00	SPINNING - S4 19:00 - 19:50	YOGA - S1 19:00 - 20:00	SPINNING - S4 19:00 - 19:50	YOGA - S1 19:00 - 20:00	SPINNING - S4 19:00 - 19:50		
	SINERGY - SF 19:00 - 19:45		SINERGY - SF 19:00 - 19:45		SINERGY - SF 19:00 - 20:00		
	AEROCOMBAT - S1 19:00 - 20:00		AEROCOMBAT - S1 19:00 - 20:00		PILATES - S1 19:00 - 20:00		
	AQUAFITNESS - PP 19:00 - 19:45		AQUAFITNESS - PP 19:00 - 19:45				

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:30	AQUAFITNESS - PP 19:45 - 20:30	SPINNING - S4 19:30 - 20:20	AQUAFITNESS - PP 19:45 - 20:30	SPINNING - S4 19:30 - 20:20	AQUAFITNESS - PP 19:30 - 20:15		
	ZUMBA - S2 19:30 - 20:30	AQUACOMBAT-PP 19:30 - 20:15	ZUMBA - S2 19:30 - 20:30	AQUACOMBAT-PP 19:30 - 20:15			
		BODYTRAINING-S2 19:30 - 20:30		BODYTRAINING-S2 19:30 - 20:30			
20:00	SPINNING - S4 20:00 - 20:50	SINERGY - SF 20:00 - 20:45	SPINNING - S4 20:00 - 20:50	SINERGY - SF 20:00 - 20:45	BODYPOWER - S1 20:00 - 21:00		
	BODYPOWER - S1 20:00 - 21:00	BALLET FIT - S1 20:00 - 21:00	BODYPOWER - S1 20:00 - 21:00	BALLET FIT - S1 20:00 - 21:00			
20:30	CUBBÁ - S2 20:30 - 21:30	SPINNING - S4 20:30 - 21:20	CUBBÁ - S2 20:30 - 21:30	SPINNING - S4 20:30 - 21:20			
		BALANCE - S1 20:30 - 21:30		BALANCE - S1 20:30 - 21:30			
21:00	SINERGY - SF 21:00 - 22:00	ABD 30' - S1 21:00 - 21:30	SINERGY - SF 21:00 - 22:00	ABD 30' - S1 21:00 - 21:30			

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

SPINNING TONIFICACIÓN CUERPO-MENTE COREOGRÁFICAS PISCINA ALTA INTENSIDAD INFANTILES

S1 - SALA 1 S2 - SALA 2 S3 - SALA 3 S4 - SALA 4. CICLO SF - SALA FITNESS PP - PISCINA PEQUEÑA