

## ACTIVIDADES DIRIGIDAS

SPINNING TONIFICACIÓN CUERPO-MENTE COREOGRÁFICAS PISCINA ALTA INTENSIDAD

S1 - SALA 1. SPINNING S2 - SALA 2 S3 - SALA 3 S4 - SALA 4 S5 - SALA 5. FUNCIONAL PP - PISCINA PEQUEÑA

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	SPINNING - S1 07:10 - 08:00	BODYCOMBAT - S3 07:10 - 08:00	AQUAFITNESS - PP 07:10 - 07:55	BODYCOMBAT - S3 07:10 - 08:00	SPINNING - S1 07:10 - 08:00		
	AQUAFITNESS - PP 07:10 - 07:55		BODYPUMP - S3 07:10 - 08:00		BODYPUMP - S3 07:10 - 08:00		
	FUNCIONAL FIT - S5 07:10 - 07:40		SPINNING - S1 07:10 - 08:00		AQUAFITNESS - PP 07:10 - 07:55		
08:00	AQUAFITNESS - PP 08:15 - 09:00	AQUAFITNESS - PP 08:15 - 09:00	GAP FITNESS - S3 08:15 - 09:05	SPINNING - S1 08:15 - 09:05	AQUAFITNESS - PP 08:15 - 09:00		
	GAP FITNESS - S3 08:15 - 09:05	SPINNING - S1 08:15 - 09:05	AQUAFITNESS - PP 08:15 - 09:00	PILATES - S3 08:15 - 09:05	FUNCIONAL FIT - S5 08:15 - 08:45		
		FUNCIONAL FIT - S5 08:15 - 08:45		AQUAFITNESS - PP 08:15 - 09:00			
08:30		PILATES - S3 08:15 - 09:05		FUNCIONAL FIT - S5 08:15 - 08:45			
		YOGA - S2 08:30 - 09:20			YOGA - S2 08:30 - 09:20	AQUAFITNESS - PP 08:45 - 09:30	
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	ZUMBA - S3 09:15 - 10:05		
	ZUMBA - S3 09:15 - 10:05	COMBO - S3 09:15 - 10:05	ZUMBA - S3 09:15 - 10:05	COMBO - S3 09:15 - 10:05	AQUAFITNESS - PP 09:15 - 10:00		
	FUNCIONAL FIT - S5 09:15 - 09:45		FUNCIONAL FIT - S5 09:15 - 09:45				
09:30	YOGA - S2 09:30 - 10:20	BODYBALANCE - S2 09:30 - 10:20	YOGA - S2 09:30 - 10:20	BODYBALANCE - S2 09:30 - 10:20	TAI CHI - S2 09:30 - 10:20		
10:00	PILATES - S3 10:20 - 11:10	AQUAFITNESS - PP 10:00 - 10:45	AQUAFITNESS - PP 10:00 - 10:45	BODYPUMP - S3 10:15 - 11:05	SPINNING - S1 10:00 - 10:50	ZUMBA - S3 10:00 - 10:50	
	AQUAFITNESS - PP 10:00 - 10:45	BODYPUMP - S3 10:15 - 11:05	PILATES - S3 10:15 - 11:05	FUNCIONAL FIT - S5 10:00 - 10:30	PILATES - S3 10:15 - 11:05		
	SPINNING - S1 10:00 - 10:50	FUNCIONAL FIT - S5 10:00 - 10:30	SPINNING - S1 10:00 - 10:50	AQUAFITNESS - PP 10:00 - 10:45	AQUAFITNESS - PP 10:00 - 10:45		
10:30				FUNCIONAL FIT - S5 10:00 - 10:30			
	AQUAFITNESS - PP 10:45 - 11:30	AQUAFITNESS - PP 10:45 - 11:30	BODYBALANCE - S2 10:30 - 11:20	AQUAFITNESS - PP 10:45 - 11:30	CORE 30' - S4 10:45 - 11:15		BODYPUMP - S3 10:30 - 11:20
11:00	BODYBALANCE - S2 10:30 - 11:20	FLAMENCO FIT - S2 10:30 - 11:20	AQUAFITNESS - PP 10:45 - 11:30	FLAMENCO FIT - S2 10:30 - 11:20	AQUAFITNESS - PP 10:45 - 11:30		
					BODYTONIC - S3 11:10 - 12:00	BODYPUMP - S3 11:00 - 11:50	
						SPINNING - S1 11:00 - 11:50	
11:30	FLAMENCO FIT - S2 11:30 - 12:20	CORE 30' - S3 11:30 - 12:00	GAP FITNESS - S3 11:30 - 12:20	CORE 30' - S3 11:30 - 12:00	AQUAFITNESS - PP 11:30 - 12:15		SPINNING - S1 11:45 - 12:35
	AQUAFITNESS - PP 11:30 - 12:15	AQUAFITNESS - PP 11:30 - 12:15	AQUAFITNESS - PP 11:30 - 12:15	AQUAFITNESS - PP 11:30 - 12:15			
	GAP FITNESS - S3 11:30 - 12:20		FLAMENCO FIT - S2 11:30 - 12:20				
12:00					ESTIRAMIENTOS - S3 12:00 - 12:30	SPINNING VIRTUAL - S1 12:00 - 12:50	
						YOGA - S2 12:00 - 12:50	
12:30		FUNCIONAL FIT - S5 12:30 - 13:00	ESTIRAMIENTOS - S3 12:30 - 13:00				
13:00	FUNCIONAL FIT - S5 13:00 - 13:30						
13:30		EXPRESS 30' - S3 13:30 - 14:00		EXPRESS 30' - S3 13:30 - 14:00	FUNCIONAL FIT - S5 13:30 - 14:00		
14:00	FUNCIONAL FIT - S5 14:00 - 14:30		FUNCIONAL FIT - S5 14:00 - 14:30				
14:30	BODYPUMP - S3 14:30 - 15:20	BODYCOMBAT - S2 14:30 - 15:20	BODYPUMP - S3 14:30 - 15:20	SPINNING - S1 14:30 - 15:20			
		SPINNING - S1 14:30 - 15:20		BODYCOMBAT - S2 14:30 - 15:20			

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
15:30	AQUAFITNESS - PP 15:30 - 16:15	AQUAFITNESS - PP 15:30 - 16:15	SPINNING VIRTUAL - S1 15:30 - 16:20	AQUAFITNESS - PP 15:30 - 16:15	PILATES - S3 15:30 - 16:20		
	COMBO - S3 15:30 - 16:20	BODYPUMP - S3 15:30 - 16:20	AQUAFITNESS - PP 15:30 - 16:15	BODYPUMP - S3 15:30 - 16:20			
			PILATES - S3 15:30 - 16:20				
16:00	AQUAFITNESS - PP 16:15 - 17:00	AQUAFITNESS - PP 16:15 - 17:00	AQUAFITNESS - PP 16:15 - 17:00	AQUAFITNESS - PP 16:15 - 17:00	AQUAFITNESS - PP 16:15 - 17:00		
16:30		FUNCIONAL FIT - S5 16:30 - 17:00	COMBO - S3 16:30 - 16:20	FUNCIONAL FIT - S5 16:30 - 17:00			
18:00	GAP FITNESS - S2 18:00 - 18:50	BODYBALANCE - S2 18:00 - 18:50	GAP FITNESS - S2 18:00 - 18:50	BODYTONIC - S3 18:00 - 18:50	BODYTONIC - S3 18:00 - 18:50		
	FUNCIONAL FIT - S5 18:00 - 18:30	BODYTONIC - S3 18:00 - 18:50	PILATES - S3 18:00 - 18:50	ZUMBA - S2 18:00 - 18:50			
	PILATES - S3 18:00 - 18:50		FUNCIONAL FIT - S5 18:00 - 18:30				
18:30					SPINNING - S1 18:30 - 19:20		
19:00	AQUAFITNESS - PP 19:00 - 19:45	YOGA - S2 19:00 - 19:50	AQUAFITNESS - PP 19:00 - 19:45	SPINNING - S1 19:15 - 20:05	TAI CHI - S3 19:15 - 20:05		
	SPINNING - S1 19:15 - 20:05	SPINNING - S1 19:15 - 20:05	SPINNING - S1 19:15 - 20:05	FUNCIONAL FIT - S5 19:00 - 19:30	FUNCIONAL FIT - S5 19:00 - 19:30		
	FUNCIONAL FIT - S5 19:00 - 19:30	FUNCIONAL FIT - S5 19:00 - 19:30	FUNCIONAL FIT - S5 19:00 - 19:30	YOGA - S2 19:00 - 19:50			
	STEP ATLÉTICO - S3 19:00 - 19:50	AQUAFITNESS - PP 19:00 - 19:45	STEP ATLÉTICO - S3 19:00 - 19:50	AQUAFITNESS - PP 19:00 - 19:45			
		COMBO - S3 19:10 - 20:00		COMBO - S3 19:10 - 20:00			
19:30	FUNCIONAL FIT - S5 19:45 - 20:15	AQUAFITNESS - PP 19:45 - 20:30	BODYCOMBAT - S2 19:30 - 20:20	ESTIRAMIENTOS - S4 19:30 - 20:00	SPINNING - S1 19:30 - 20:20		
	FLAMENCO FIT - S2 19:30 - 20:20	ESTIRAMIENTOS - S4 19:30 - 20:00		AQUAFITNESS - PP 19:45 - 20:30	AQUAFITNESS - PP 19:45 - 20:30		
20:00	AQUAFITNESS - PP 20:00 - 20:45	ZUMBA - S2 20:00 - 20:50	AQUAFITNESS - PP 20:00 - 20:45	PILATES - S3 20:10 - 21:00	FUNCIONAL FIT - S5 20:00 - 20:30		
	CORE 30' - S3 20:00 - 20:30	PILATES - S3 20:10 - 21:00	SPINNING - S1 20:15 - 21:05	DANZAS URBANAS - S2 20:00 - 20:50			
	SPINNING - S1 20:15 - 21:05	FUNCIONAL FIT - S5 20:00 - 20:30	CORE 30' - S3 20:00 - 20:30	SPINNING - S1 20:15 - 21:05			
		SPINNING - S1 20:15 - 21:05		FUNCIONAL FIT - S5 20:00 - 20:30			
20:30	BODYCOMBAT - S2 20:30 - 21:20		ZUMBA - S2 20:30 - 21:20				
	BODYPUMP - S3 20:30 - 21:20		BODYPUMP - S3 20:30 - 21:20				
21:00		FUNCIONAL FIT - S5 21:00 - 21:30		FUNCIONAL FIT - S5 21:00 - 21:30			

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