

# HORARIOS ACTIVIDADES DIRIGIDAS

AGOSTO 2019

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 | AQUAFITNESS - PP<br>07:10 - 07:55   | BODYCOMBAT - S3<br>07:10 - 08:10    | SPINNING - S1<br>07:10 - 08:00      | BODYCOMBAT - S3<br>07:10 - 08:10    | BODYPUMP - S3<br>07:10 - 08:10      |                                   |         |
|       | FUNCIONAL FIT - SF<br>07:10 - 07:40 |                                     | AQUAFITNESS - PP<br>07:10 - 07:55   |                                     | AQUAFITNESS - PP<br>07:10 - 07:55   |                                   |         |
|       | SPINNING - S1<br>07:10 - 08:00      |                                     | BODYPUMP - S3<br>07:10 - 08:10      |                                     | SPINNING - S1<br>07:10 - 08:00      |                                   |         |
| 08:00 | SPINNING - S1<br>08:15 - 09:05      | PILATES - S3<br>08:15 - 09:15       | GAP FITNESS - S3<br>08:15 - 09:15   | PILATES - S3<br>08:15 - 09:15       | SPINNING - S1<br>08:15 - 09:05      |                                   |         |
|       | GAP FITNESS - S3<br>08:15 - 09:15   | FUNCIONAL FIT - SF<br>08:15 - 08:45 | AQUAFITNESS - PP<br>08:15 - 09:00   | AQUAFITNESS - PP<br>08:15 - 09:00   | AQUAFITNESS - PP<br>08:15 - 09:00   |                                   |         |
|       | AQUAFITNESS - PP<br>08:15 - 09:00   | AQUAFITNESS - PP<br>08:15 - 09:00   | SPINNING - S1<br>08:15 - 09:05      | FUNCIONAL FIT - SF<br>08:15 - 08:45 | BODYBALANCE - S3<br>08:15 - 09:15   |                                   |         |
| 09:00 | FUNCIONAL FIT - SF<br>09:15 - 09:45 | AQUAFITNESS - PP<br>09:15 - 10:00   | FUNCIONAL FIT - SF<br>09:15 - 09:45 | AQUAFITNESS - PP<br>09:15 - 10:00   |                                     | AQUAFITNESS - PP<br>09:00 - 09:45 |         |
| 09:30 | ZUMBA - S3<br>09:30 - 10:30         | BODYBALANCE - S3<br>09:30 - 10:30   | ZUMBA - S3<br>09:30 - 10:30         | BODYENERGY - S3<br>09:30 - 10:30    | ZUMBA - S3<br>09:30 - 10:30         |                                   |         |
|       | YOGA - S2<br>09:30 - 10:30          | COMBO - S3<br>09:30 - 10:30         | YOGA - S2<br>09:30 - 10:30          | COMBO - S3<br>09:30 - 10:30         | TAI CHI - S2<br>09:30 - 10:30       |                                   |         |
| 10:00 | SPINNING - S1<br>10:00 - 10:50      | AQUAFITNESS - PP<br>10:00 - 10:45   | AQUAFITNESS - PP<br>10:00 - 10:45   | AQUAFITNESS - PP<br>10:00 - 10:45   | SPINNING - S1<br>10:00 - 10:50      | BODYTONIC - S3<br>10:00 - 11:00   |         |
|       | AQUAFITNESS - PP<br>10:00 - 10:45   | FLAMENCO FIT - S2<br>10:00 - 11:00  | SPINNING - S1<br>10:00 - 10:50      | FLAMENCO FIT - S2<br>10:00 - 11:00  | ESPALDA SANA - S2<br>10:00 - 11:00  |                                   |         |
|       |                                     |                                     |                                     |                                     | AQUAFITNESS - PP<br>10:00 - 10:45   |                                   |         |
| 10:30 | PILATES - S3<br>10:30 - 11:30       | BODYPUMP - S3<br>10:30 - 11:30      | AQUAFITNESS - PP<br>10:45 - 11:30   | BODYPUMP - S3<br>10:30 - 11:30      | PILATES - S3<br>10:30 - 11:30       |                                   |         |
|       | AQUAFITNESS - PP<br>10:45 - 11:30   | AQUAFITNESS - PP<br>10:45 - 11:30   | PILATES - S3<br>10:30 - 11:30       | AQUAFITNESS - PP<br>10:45 - 11:30   | AQUAFITNESS - PP<br>10:45 - 11:30   |                                   |         |
| 11:30 | GAP FITNESS - S3<br>11:30 - 12:30   | AQUAFITNESS - PP<br>11:30 - 12:15   | AQUAFITNESS - PP<br>11:30 - 12:15   | AQUAFITNESS - PP<br>11:30 - 12:15   | AQUAFITNESS - PP<br>11:30 - 12:15   |                                   |         |
|       | AQUAFITNESS - PP<br>11:30 - 12:15   |                                     | GAP FITNESS - S3<br>11:30 - 12:30   |                                     |                                     |                                   |         |
| 12:00 |                                     | CORE 30' - S3<br>12:00 - 12:30      |                                     | CORE 30' - S3<br>12:00 - 12:30      |                                     | YOGA - S3<br>12:00 - 13:00        |         |
| 13:30 | EXPRESS 40' - S2<br>13:30 - 14:10   |                                     | EXPRESS 40' - S2<br>13:30 - 14:10   |                                     | FUNCIONAL FIT - SF<br>13:30 - 14:00 |                                   |         |
| 14:00 |                                     | SPINNING - S1<br>14:15 - 15:05      |                                     | SPINNING - S1<br>14:15 - 15:05      |                                     |                                   |         |
| 14:30 | SPINNING - S1<br>14:30 - 15:20      | FUNCIONAL FIT - SF<br>14:30 - 15:00 | SPINNING - S1<br>14:30 - 15:20      | FUNCIONAL FIT - SF<br>14:30 - 15:00 | SPINNING - S1<br>14:30 - 15:20      |                                   |         |
|       | BODYCOMBAT - S2<br>14:30 - 15:30    |                                     | BODYCOMBAT - S2<br>14:30 - 15:30    |                                     |                                     |                                   |         |
| 15:30 | PILATES - S3<br>15:30 - 16:30       | AQUAFITNESS - PP<br>15:30 - 16:15   | PILATES - S3<br>15:30 - 16:30       | AQUAFITNESS - PP<br>15:30 - 16:15   | PILATES - S3<br>15:30 - 16:30       |                                   |         |
|       | AQUAFITNESS - PP<br>15:30 - 16:15   | BODYPUMP - S3<br>15:30 - 16:30      | AQUAFITNESS - PP<br>15:30 - 16:15   | SPINNING - S1<br>15:30 - 16:20      | AQUAFITNESS - PP<br>15:30 - 16:15   |                                   |         |
|       | SPINNING - S1<br>15:30 - 16:20      | SPINNING - S1<br>15:30 - 16:20      | SPINNING - S1<br>15:30 - 16:20      | BODYPUMP - S3<br>15:30 - 16:30      | SPINNING - S1<br>15:30 - 16:20      |                                   |         |
| 16:00 | AQUAFITNESS - PP<br>16:15 - 17:00   | AQUAFITNESS - PP<br>16:15 - 17:00   | AQUAFITNESS - PP<br>16:15 - 17:00   | AQUAFITNESS - PP<br>16:15 - 17:00   | AQUAFITNESS - PP<br>16:15 - 17:00   |                                   |         |
|       | HIPOPRESIVOS - S2<br>16:15 - 17:15  |                                     | HIPOPRESIVOS - S2<br>16:15 - 17:15  |                                     |                                     |                                   |         |
| 17:00 | CORE 30' - S3<br>17:00 - 17:30      | EXPRESS 40' - S3<br>17:00 - 17:40   | CORE 30' - S3<br>17:00 - 17:30      | EXPRESS 40' - S3<br>17:00 - 17:40   |                                     |                                   |         |
| 17:30 | ESPALDA SANA - S2<br>17:30 - 18:30  |                                     | ESPALDA SANA - S2<br>17:30 - 18:30  |                                     |                                     |                                   |         |

|       | LUNES                               | MARTES                               | MIÉRCOLES                           | JUEVES                               | VIERNES                             | SÁBADO | DOMINGO |
|-------|-------------------------------------|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|--------|---------|
| 18:00 | PILATES - S3<br>18:00 - 19:00       | ZUMBA - S3<br>18:00 - 19:00          | PILATES - S3<br>18:00 - 19:00       | ZUMBA - S3<br>18:00 - 19:00          | BODYBALANCE - S3<br>18:00 - 19:00   |        |         |
|       |                                     | HIPOPRESIVOS - S2<br>18:00 - 19:00   |                                     | HIPOPRESIVOS - S2<br>18:00 - 19:00   |                                     |        |         |
|       |                                     | SPINNING - S1<br>18:00 - 18:50       |                                     | SPINNING - S1<br>18:00 - 18:50       |                                     |        |         |
| 18:30 | RADIKAL - S2<br>18:30 - 19:30       |                                      | RADIKAL - S2<br>18:30 - 19:30       |                                      | SPINNING - S1<br>18:30 - 19:20      |        |         |
| 19:00 | FUNCIONAL FIT - SF<br>19:00 - 19:30 | HIIT 40' - S3<br>19:00 - 19:40       | SPINNING - S1<br>19:00 - 19:50      | HIIT 40' - S3<br>19:00 - 19:40       | BODYCOMBAT - S2<br>19:00 - 20:00    |        |         |
|       | SPINNING - S1<br>19:00 - 19:50      | YOGA - S2<br>19:00 - 20:00           | FUNCIONAL FIT - SF<br>19:00 - 19:30 | YOGA - S2<br>19:00 - 20:00           |                                     |        |         |
|       | BODYCOMBAT - S2<br>19:00 - 20:00    | SPINNING - S1<br>19:00 - 19:50       | BODYBALANCE - S3<br>19:00 - 20:00   | SPINNING - S1<br>19:00 - 19:50       |                                     |        |         |
| 19:30 | FUNCIONAL FIT - SF<br>19:30 - 20:00 | AQUAFITNESS - PP<br>19:45 - 20:30    | FUNCIONAL FIT - SF<br>19:30 - 20:00 | AQUAFITNESS - PP<br>19:45 - 20:30    | AQUAFITNESS - PP<br>19:30 - 20:15   |        |         |
|       | STEP ATLÉTICO - S3<br>19:30 - 20:30 |                                      | STEP ATLÉTICO - S3<br>19:30 - 20:30 |                                      | SPINNING - S1<br>19:30 - 20:20      |        |         |
| 20:00 | ZUMBA - S2<br>20:00 - 21:00         | PILATES - S3<br>20:00 - 21:00        | ZUMBA - S2<br>20:00 - 21:00         | PILATES - S3<br>20:00 - 21:00        | PILATES - S3<br>20:00 - 21:00       |        |         |
|       | AQUAFITNESS - PP<br>20:00 - 20:45   | DANZAS URBANAS - S2<br>20:00 - 21:00 | AQUAFITNESS - PP<br>20:00 - 20:45   | DANZAS URBANAS - S2<br>20:00 - 21:00 | FUNCIONAL FIT - SF<br>20:00 - 20:30 |        |         |
|       | SPINNING - S1<br>20:00 - 20:50      | SPINNING - S1<br>20:00 - 20:50       | SPINNING - S1<br>20:00 - 20:50      | SPINNING - S1<br>20:00 - 20:50       |                                     |        |         |
|       |                                     | FUNCIONAL FIT - SF<br>20:00 - 20:30  |                                     | FUNCIONAL FIT - SF<br>20:00 - 20:30  |                                     |        |         |
| 20:30 | BODYPUMP - S3<br>20:30 - 21:30      |                                      | BODYPUMP - S3<br>20:30 - 21:30      |                                      |                                     |        |         |
| 21:00 | CORE 30' - S2<br>21:00 - 21:30      | SPINNING - S1<br>21:00 - 21:50       | CORE 30' - S2<br>21:00 - 21:30      | SPINNING - S1<br>21:00 - 21:50       | HIPOPRESIVOS - S2<br>21:00 - 21:40  |        |         |

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