

ACTIVIDADES DIRIGIDAS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	SPINNING - S2 07:05 - 07:55	GAP - S1 07:05 - 07:50	SPINNING - S2 07:05 - 07:55	GAP - S1 07:05 - 07:50	SPINNING - S2 07:05 - 07:55		
	EXPRESS 40' - S1 07:05 - 07:45	SINERGY - SF 07:05 - 07:35	EXPRESS 40' - S1 07:05 - 07:45	SINERGY - SF 07:05 - 07:35	SINERGY - SF 07:05 - 07:35		
08:00	AQUAFITNESS 08:15 - 09:00	SPINNING - S2 08:00 - 08:50	AQUAFITNESS 08:15 - 09:00	SPINNING - S2 08:00 - 08:50	AQUAFITNESS 08:15 - 09:00		
08:30		HIPOPRESIVOS -S1 08:45 - 09:30		HIPOPRESIVOS -S1 08:45 - 09:30			
09:00	SPINNING - S2 09:15 - 10:05		SPINNING - S2 09:15 - 10:05		STEP - S1 09:15 - 10:15		
	AQUAFITNESS 09:15 - 10:00		AQUAFITNESS 09:15 - 10:00		SINERGY - SF 09:15 - 09:45		
	STEP - S1 09:15 - 10:15		SINERGY - SF 09:15 - 09:45		YOGUILATES - S3 09:15 - 10:15		
	SINERGY - SF 09:15 - 09:45		BODYPOWER -S1 09:15 - 10:15				
09:30	LATINOS - S3 09:30 - 10:30	YOGA - S3 09:30 - 10:30	LATINOS - S3 09:30 - 10:30	YOGA - S3 09:30 - 10:30		ZUMBA - S1 09:45 - 10:45	
		RADIKAL - S1 09:30 - 10:30		RADIKAL - S1 09:30 - 10:30			
10:00	AQUAFITNESS 10:00 - 10:45	SPINNING - S2 10:00 - 10:50	AQUAFITNESS 10:00 - 10:45	SPINNING - S2 10:00 - 10:50	SPINNING - S2 10:00 - 10:50	AQUAFITNESS 10:00 - 10:45	SINERGY - SF 10:00 - 10:30
	GAP - S1 10:15 - 11:00	AQUACOMBAT 10:00 - 10:45	GAP - S1 10:15 - 11:00	AQUACOMBAT 10:00 - 10:45	AQUAFITNESS 10:00 - 10:45	SINERGY - SF 10:00 - 10:30	
					BODYPOWER - S1 10:15 - 11:15		
10:30	BODYCOMBAT-S3 10:30 - 11:30	ZUMBA - S1 10:30 - 11:30	BODYCOMBAT-S3 10:30 - 11:30	ZUMBA - S1 10:30 - 11:30	EXPRESS 40' - S3 10:30 - 11:10	BODYPOWER - S1 10:45 - 11:45	SPINNING - S2 10:45 - 11:35
		ESTIRAMIENTOS- S3 10:30 - 11:30		ESTIRAMIENTOS- S3 10:30 - 11:30			
		OUTDOOR TRAINING - EXT 10:40 - 11:25		OUTDOOR TRAINING - EXT 10:40 - 11:25			
11:00	PILATES - S1 11:00 - 12:00		PILATES - S1 11:00 - 12:00				AQUAFITNESS 11:00 - 11:45
11:30		AQUAFITNESS 11:30 - 12:15		AQUAFITNESS 11:30 - 12:15	AQUACOMBAT 11:30 - 12:15		
		HIPOPRESIVOS -S1 11:30 - 12:15		HIPOPRESIVOS -S1 11:30 - 12:15			
12:00	SINERGY - SF 12:00 - 12:30		SINERGY - SF 12:00 - 12:30			SPINNING - S2 12:00 - 12:50	GAP - S1 12:00 - 12:45
13:30	AQUAFITNESS 13:30 - 14:15	SINERGY - SF 13:30 - 14:00	AQUAFITNESS 13:30 - 14:15	SINERGY - SF 13:30 - 14:00			
			HIPOPRESIVOS -S3 13:30 - 14:15				
14:00	PILATES - S1 14:15 - 15:15	SPINNING - S2 14:00 - 14:50	PILATES - S1 14:15 - 15:15	OUTDOOR TRAINING - EXT 14:15 - 15:00	SINERGY - SF 14:00 - 14:30		
		OUTDOOR TRAINING - EXT 14:15 - 15:00					
14:30	SPINNING - S2 14:30 - 15:20		SPINNING - S2 14:30 - 15:20	SPINNING - S2 14:30 - 15:20	SPINNING - S2 14:30 - 15:20		
15:00				YOGA - S3 15:15 - 16:15			
15:30	SPINNING - S2 15:30 - 16:20	SPINNING - S2 15:30 - 16:20	SPINNING - S2 15:30 - 16:20	SINERGY - SF 15:30 - 16:00	SPINNING - S2 15:30 - 16:20		
	AQUAFITNESS 15:30 - 16:15	SINERGY - SF 15:30 - 16:00	AQUAFITNESS 15:30 - 16:15	BODYPOWER -S1 15:30 - 16:30	AQUACOMBAT 15:30 - 16:15		
	BODYCOMBAT-S1 15:30 - 16:30	BODYPOWER -S1 15:30 - 16:30	BODYCOMBAT-S1 15:30 - 16:30	SPINNING VIRTUAL - S2 15:30 - 16:20			

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
16:00		AQUAFITNESS 16:15 - 17:00 GAP - S3 16:15 - 17:00		AQUAFITNESS 16:15 - 17:00 GAP - S3 16:15 - 17:00			
17:00		HIPOPRESIVOS -S1 17:15 - 18:00		HIPOPRESIVOS -S1 17:15 - 18:00			
17:30	SINERGY - SF 17:30 - 18:00 GIM. RÍTMICA - S3 17:30 - 18:15	MINI ZUMBA - S3 17:30 - 18:15	SINERGY - SF 17:30 - 18:00 GIM. RÍTMICA - S3 17:30 - 18:15	MINI ZUMBA - S3 17:30 - 18:15	SINERGY - SF 17:30 - 18:00 YOUNGFIT - S3 17:30 - 18:15 KIDFIT - S1 17:30 - 18:15	SINERGY - SF 17:30 - 18:00	
18:00	SPINNING - S2 18:00 - 18:50 GAP - S3 18:15 - 19:00 ZUMBA - S1 18:00 - 19:00	AQUAFITNESS 18:15 - 19:00 LATINOS - S1 18:00 - 19:00 OUTDOOR TRAINING - EXT 18:10 - 18:55	SPINNING - S2 18:00 - 18:50 GAP - S3 18:15 - 19:00 ZUMBA - S1 18:00 - 19:00	AQUAFITNESS 18:15 - 19:00 LATINOS - S1 18:00 - 19:00 OUTDOOR TRAINING - EXT 18:10 - 18:55		AQUAFITNESS 18:15 - 19:00	
		ESTIRAMIENTOS- S3 18:30 - 19:30		ESTIRAMIENTOS- S3 18:30 - 19:30	YOGUILATES - S3 18:30 - 19:30		
19:00	SPINNING - S2 19:00 - 19:50 AQUAFITNESS 19:00 - 19:45 YOGA - S3 19:00 - 20:00 HIIT - S1 19:00 - 19:40	SPINNING - S2 19:00 - 19:50 BODYENERGY - S1 19:00 - 20:00	SPINNING - S2 19:00 - 19:50 AQUAFITNESS 19:00 - 19:45 YOGA - S3 19:00 - 20:00 HIIT - S1 19:00 - 19:40	SPINNING - S2 19:00 - 19:50 BODYENERGY - S1 19:00 - 20:00	SPINNING - S2 19:00 - 19:50 BODYPOWER - S1 19:00 - 20:00		
		AQUACOMBAT 19:45 - 20:30 PILATES - S3 19:30 - 20:30	CORE 30' - S1 19:30 - 20:00	AQUACOMBAT 19:45 - 20:30 PILATES - S3 19:30 - 20:30	AQUAFITNESS 19:45 - 20:30 PILATES - S3 19:30 - 20:30		
20:00	SPINNING - S2 20:00 - 20:50 BODYPOWER -S1 20:00 - 21:00 DANZAS URB - S3 20:00 - 21:00	BODYCOMBAT-S1 20:00 - 21:00 SPINNING VIRTUAL - S2 20:00 - 20:50	SPINNING - S2 20:00 - 20:50 BODYPOWER -S1 20:00 - 21:00 DANZAS URB - S3 20:00 - 21:00	BODYCOMBAT-S1 20:00 - 21:00 SPINNING VIRTUAL - S2 20:00 - 20:50			
		SINERGY - SF 20:30 - 21:00 ZUMBA - S3 20:30 - 21:30		SINERGY - SF 20:30 - 21:00 ZUMBA - S3 20:30 - 21:30	SINERGY - SF 20:30 - 21:00		
21:00	STEP - S1 21:00 - 22:00 YOGA - S3 21:00 - 22:00	BODYPOWER -S1 21:00 - 22:00	YOGA - S3 21:00 - 22:00	BODYPOWER -S1 21:00 - 22:00			
		HIPOPRESIVOS 30' - S3 21:30 - 22:00					

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

SPINNING TONIFICACIÓN CUERPO-MENTE COREOGRÁFICAS PISCINA

ALTA INTENSIDAD INFANTILES RUNNING CLUB

S1 - SALA 1 S2 - SALA 2. CICLO S3 - SALA 3 SF - SALA FITNESS