

HORARIOS

ACTIVIDADES DIRIGIDAS

LUNES		
07:15	S2	PILATES REF.
	S3	CICLO INDOOR
	S5	BOOT CAMP
07:30	S4	BODY PUMP
08:30	S1	YOGA AA Aquapilates
09:00	S5	BOOT CAMP SF CORE
09:15	S2	PILATES REF.
	S3	CICLO INDOOR
09:30	S1	PILATES SF FLOW MOVE
	S4	BODY PUMP AA AQUAGYM
10:00	S5	TOTAL TRAIN.
	T1	YOGA CLUB
10:15	S3	CICLO INDOOR
10:30	S1	BODY BALANCE SF CORE
	S4	ZUMBA AA AQUAFIT
10:45	S5	HBX
11:30	S1	YOGA VINYASA
	S4	GIMNASIA ACT.
12:30	S4	DANCE SF CORE
14:15	S1	PILATES
	S5	CROSS TRAIN.
14:30	S3	CICLO INDOOR
17:00	S4	GYM KID
17:30	S1	PILATES IMPL.
18:00	S2	PILATES REF.
	S4	DANCE
18:15	S3	CICLO INDOOR
	T2	CALISTENIA
18:30	S1	BODY BALANCE
	S5	HBX
	T1	YOGA CLUB
18:45	SF	CORE
19:00	S2	PILATES REF. AA AQUAGYM
	S4	BODY PUMP
19:15	S3	CICLO INDOOR
19:30	S1	YOGA
	S5	TOTAL TRAIN.
20:00	S4	BODY COMBAT SF CORE
20:15	S3	CICLO INDOOR AA AQUAFIT
	T2	RUNNER
20:30	S1	PILATES SF FLOW MOVE
	S5	BOOT CAMP
21:00	S2	PILATES REF.
21:15	S4	ZUMBA SF CORE
	S3	CICLO INDOOR
21:30	S1	YOGA VINYASA
	S5	CROSS TRAIN.

MARTES		
07:15	S1	YOGA AA SWIMMER
	S4	BODY PUMP
07:30	S3	CICLO INDOOR
09:00	S5	BOOT CAMP
09:30	S1	BODY BALANCE AA AQUAFIT
	S4	ZUMBA
10:00	S2	PILATES REF. SF CORE
	S5	HBX
	T1	PILATES CLUB
10:15	S3	CICLO INDOOR
10:30	S1	PILATES IMPL. AA Aquapilates
	S4	BODY PUMP
11:00	S5	TOTAL TRAIN.
11:15	S3	CICLO INDOOR
11:30	S1	MOVILIDAD ACT.
	S4	DANCE
12:00	S2	PILATES REF.
12:30	S1	YOGA
	S4	BODY COMBAT
14:15	S3	CICLO INDOOR
	T1	PILATES CLUB
14:30	S4	BODY PUMP
17:00	S2	PILATES REF.
17:30	T1	PLAY KID
18:00	S4	BODY PUMP
18:15	S3	CICLO INDOOR
18:30	S1	PILATES
	S5	BOOT CAMP
	T1	PILATES CLUB
18:45	SF	CORE
19:00	S2	PILATES REF. AA AQUAFIT
	S4	ZUMBA
19:15	S3	CICLO INDOOR SF FLOW MOVE
	T2	CALISTENIA
19:30	S1	BODY BALANCE
	S5	CROSS TRAIN.
20:00	S2	PILATES REF. SF CORE
	S4	BODY PUMP AA SWIMMER
20:15	S3	CICLO INDOOR
20:30	S1	PILATES IMPL.
	S5	TOTAL TRAIN.
	T1	RUNNER
21:00	S4	DANCE
21:30	S1	YOGA
	S5	HBX

MIÉRCOLES		
07:15	S3	CICLO INDOOR
	S5	CROSS TRAIN.
08:30	S4	BODY COMBAT
09:00	S2	PILATES REF.
	S5	BOOT CAMP SF CORE
09:15	S3	CICLO INDOOR
09:30	S1	PILATES SF FLOW MOVE
	S4	BODY PUMP AA AQUAGYM
10:00	S5	CROSS TRAIN.
	T1	YOGA CLUB
10:30	S1	BODY BALANCE SF CORE
	S4	ZUMBA AA AQUAFIT
11:00	S2	PILATES REF.
	S5	TOTAL TRAIN.
11:30	S1	YOGA VINYASA
	S4	GIMNASIA ACTIVA
12:15	S3	CICLO INDOOR
12:30	S1	PILATES IMPL. SF CORE
14:15	S5	CROSS TRAIN.
14:30	S3	CICLO INDOOR
17:00	S2	PILATES REF.
	S4	GYM KID
17:30	S1	PILATES IMPL.
	S5	TOTAL TRAIN.
	T1	PLAY KID
18:00	S4	DANCE
18:15	S3	CICLO INDOOR
18:30	S1	BODY BALANCE
	S5	HBX
	T1	YOGA CLUB
18:45	SF	CORE
19:00	S2	PILATES REF. AA AQUAGYM
	S4	BODY PUMP
19:15	S3	CICLO INDOOR
19:30	S1	YOGA
	S5	CROSS TRAIN.
20:00	S4	BODY COMBAT AA AQUAFIT
	S5	AQUA FIT SF CORE
20:30	S1	PILATES
	S5	BOOT CAMP SF FLOW MOVE
21:00	S2	PILATES REF.
	S4	ZUMBA
21:15	S3	CICLO INDOOR SF CORE
21:30	S1	YOGA VINYASA

JUEVES		
07:15	S1	BODY BALANCE AA SWIMMER
	S4	BODY PUMP
07:30	S3	CICLO INDOOR
08:30	S1	YOGA VINYASA
	S4	BODY PUMP
09:00	S2	PILATES REF.
09:30	S1	BODY BALANCE AA AQUAFIT
	S4	ZUMBA
10:00	S2	PILATES REF. SF CORE
	T1	PILATES CLUB
10:15	S3	CICLO INDOOR
10:30	S1	PILATES IMPL. AA Aquapilates
	S4	BODY COMBAT
11:00	S5	CROSS TRAIN.
11:15	S3	CICLO INDOOR
11:30	S1	YOGA
	S4	DANCE
12:00	S5	HBX
12:30	S4	GIMNASIA ACT.
14:15	S3	CICLO INDOOR
17:00	S2	PILATES REF.
17:30	T1	PLAY KID
18:00	S4	BODY PUMP
18:15	S3	CICLO INDOOR
18:30	S1	PILATES
	S5	BOOT CAMP
18:45	T1	PILATES CLUB SF CORE
19:00	S2	PILATES REF.
	S4	ZUMBA
19:15	S3	CICLO INDOOR SF FLOW MOVE
	T2	CALISTENIA
19:30	S1	BODY BALANCE
	S5	CROSS TRAIN.
20:00	S2	PILATES REF. AA AQUAFIT
	S4	BODY PUMP
20:15	S3	CICLO INDOOR
20:30	S1	PILATES IMPL.
	S5	TOTAL TRAIN.
	T1	RUNNER
21:00	S4	DANCE AA SWIMMER
21:30	S1	YOGA
	S5	HBX

VIERNES		
07:15	S3	CICLO INDOOR
09:00	S2	PILATES REF.
09:15	S3	CICLO INDOOR
09:30	S1	PILATES AA AQUAGYM
	S4	BODY PUMP
10:00	S5	BOOT CAMP
	T1	YOGA CLUB
10:15	S3	CICLO INDOOR
10:30	S1	BODY BALANCE SF CORE
	S4	DANCE AA AQUAFIT
11:00	S2	PILATES REF.
	S5	TOTAL TRAIN.
11:30	S1	MOVILIDAD ACT.
	S4	BODY COMBAT
12:30	SF	CORE
14:15	S5	BOOT CAMP
15:30	S4	BODY PUMP
17:00	S4	BODY PUMP
17:30	S1	PILATES IMPL.
	S4	FAMILY GYM
18:00	S4	DANCE
18:15	S3	CICLO INDOOR
18:30	S1	BODY BALANCE
	S5	TOTAL TRAIN.
	T1	YOGA CLUB
18:45	SF	CORE AA AQUAFIT
19:00	S2	PILATES REF.
	S4	BODY COMBAT
19:30	S1	YOGA
	S5	CROSS TRAIN.
20:00	S2	PILATES REF.
	S4	BODY PUMP
20:15	S3	CICLO INDOOR
20:30	S1	PILATES
	S5	BOOT CAMP
21:00	S4	ZUMBA
21:15	SF	CORE

SÁBADO		
08:15	S3	CICLO INDOOR
08:30	AA	AQUA GYM
09:00	S2	PILATES REF.
	S5	BOOT CAMP
09:30	S1	PILATES AA Aquapilates
	S4	BODY PUMP
10:00	S5	TOTAL TRAIN.
	T1	YOGA CLUB
10:15	S3	CICLO INDOOR
10:30	S1	BODY BALANCE SF CORE
	S4	DANCE
11:00	S5	CROSS TRAIN.
11:30	S1	YOGA
	S4	BODY COMBAT
12:00	S5	FAMILY GYM
12:15	S3	CICLO INDOOR AA AQUAFIT
12:30	S4	ZUMBA SF CORE
13:30	S4	BODY PUMP

DOMINGO		
08:30	AA	AQUA FIT
09:00	S5	TOTAL TRAIN.
09:15	S3	CICLO INDOOR
09:30	S1	BODY BALANCE AA AQUA FAMILY
10:00	S2	PILATES REF.
	S5	CROSS TRAIN.
	T1	PILATES CLUB
10:30	S1	YOGA SF CORE
	S4	BODY COMBAT
11:00	S5	BOOT CAMP
11:15	S3	CICLO INDOOR
11:30	S1	PILATES
	S4	BODY PUMP
12:15	S3	CICLO INDOOR AA Aquapilates
12:30	S4	BODY PUMP SF CORE
13:30	S4	ZUMBA



HORARIO SUSCEPTIBLE DE SUFRIR MODIFICACIONES
BAJO EL CRITERIO DE LA DIRECCIÓN.