

# HORARIO DE ACTIVIDADES DIRIGIDAS SEMANA SANTA 2019

## MAÑANA

## TARDE

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
FITNESS	7:15	8:00		a!WOD 45'					
SALA 3	7:15	8:05	a!CYCLING		a!CYCLING				
FITNESS	8:15	8:25	ABD 10'	ABD 10'	ABD 10'				
SALA 2	8:15	9:15			BODYPUMP				
SALA 3	8:15	8:45		a!CYCLING HIIT					
PISCINA	9:00	9:45		AQUACARDIO					
SALA 2	9:00	10:00		ZUMBA					
FITNESS	9:15	9:25	ABD 10'	ABD 10'	ABD 10'				
SALA 2	9:15	10:15	BODYPUMP						
SALA 3	9:15	10:05					a!CYCLING		
SALA 3	9:15	10:15		a!CYCLING ENDURANCE					
SALA 4	9:15	10:15	YOGA VINYASA	YOGA HATHA					
SALA 1	9:30	10:30	PILATES	PILATES					
SALA 2	9:30	10:30			ZUMBA	BODYPUMP	BODYPUMP		BODYPUMP
SALA 3	9:30	10:20				a!CYCLING	a!CYCLING		a!CYCLING
PISCINA	9:30	10:15	AQUAFITNESS		AQUAFITNESS				
SALA 1	9:45	10:45			BODYBALANCE				
PISCINA	10:00	10:45		AQUACARDIO					
FITNESS	10:15	10:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 2	10:15	11:15		BODYPUMP					
FITNESS	10:30	11:00	NEW TRX 30'	a!WOD 30'	NEW TRX 30'				
SALA 2	10:30	11:30	ZUMBA				BODYPUMP		
PISCINA	10:30	11:15	AQUACARDIO		AQUACARDIO				
SALA 1	10:45	11:45	YOGA HATHA	YOGA HATHA		BODYBALANCE	BODYBALANCE		BODYBALANCE
SALA 2	10:45	11:45			LATINO	BODYCOMBAT	BODYCOMBAT		BODYCOMBAT
SALA 3	10:45	11:35		a!CYCLING					
SALA 3	10:45	11:45	a!CYCLING ENDURANCE		a!CYCLING ENDURANCE				
SALA 1	11:00	12:00			PILATES AVANZADO			YOGA HATHA	
PISCINA	11:00	11:45		AQUAFITNESS					
FITNESS	11:15	11:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
FITNESS	11:30	12:00	a!WOD 30'	NEW TRX 30'					
SALA 2	11:30	12:30		BODYCOMBAT					
PISCINA	11:30	12:15	AQUACARDIO		AQUAFITNESS				
SALA 2	11:45	12:45	BODYCOMBAT						
SALA 3	11:45	12:45					a!CYCLING ENDURANCE		
PISCINA	11:45	12:30					AQUACARDIO		
SALA 1	12:00	12:45		a!WELLNESS					
SALA 1	12:00	13:00	PILATES						
SALA 2	12:00	13:00			BODYPUMP				
SALA 2	12:00	12:50	a!CYCLING						
SALA 3	12:00	13:00				a!CYCLING ENDURANCE	a!CYCLING ENDURANCE		a!CYCLING ENDURANCE
PISCINA	12:00	12:45			AQUAFITNESS	AQUAFITNESS			AQUAFITNESS
FITNESS	12:15	12:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 1	12:15	13:15			PILATES		YOGA HATHA		
SALA 3	12:15	12:45			a!CYCLING HIIT				
FITNESS	12:30	13:30					a!WOD 30'		
FITNESS	12:45	12:55	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'				
FITNESS	12:45	13:15				a!WOD 30'	a!WOD 30'		a!WOD 30'
SALA 2	12:45	13:45					ZUMBA		
FITNESS	13:15	13:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
FITNESS	13:30	14:00	NEW TRX 30'		NEW TRX 30'				

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
SALA 1	14:00	15:00		BODYBALANCE					
FITNESS	14:15	14:25	ABD 10'	ABD 10'	ABD 10'				
SALA 2	14:30	15:30	BODYPUMP		BODYPUMP				
SALA 3	14:30	15:20							
FITNESS	15:15	15:25	ABD 10'	ABD 10'	ABD 10'				
FITNESS	15:45	16:15	NEW TRX 30'						
FITNESS	16:15	16:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
FITNESS	16:45	17:15		a!WOD 30'	NEW TRX 30'				
SALA 2	16:45	17:45			ZUMBA				
SALA 1	17:00	17:45		a!WELLNESS					
FITNESS	17:15	17:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 1	17:15	17:45	MOBILITY						
SALA 3	17:30	18:00	a!CYCLING HIIT	a!CYCLING HIIT	a!CYCLING HIIT				
FITNESS	17:45	18:15	a!WOD 30'	NEW TRX 30'	a!WOD 30'				
SALA 1	18:00	19:00	YOGA HATHA	PILATES					
FITNESS	18:15	18:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 2	18:15	19:15	ZUMBA	BODYPUMP	BODYCOMBAT				
FITNESS	18:45	19:15		NEW TRX 30'					
SALA 3	18:45	19:35	a!CYCLING		a!CYCLING				
SALA 3	18:45	19:45		a!CYCLING ENDURANCE					
FITNESS	19:15	19:25	ABD 10'	ABD 10'	ABD 10'			ABD 10'	
SALA 1	19:15	20:15	YOGA HATHA	BODYCOMBAT	PILATES				
SALA 4	19:15	20:15			YOGA HATHA				
SALA 2	19:30	20:30	BODYPUMP	ZUMBA	BODYPUMP				
SALA 4	19:30	20:30	LATINO						
PISCINA	19:30	20:15	AQUACARDIO	AQUAFITNESS	AQUACARDIO				
FITNESS	19:45	19:55	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'				
SALA 3	20:00	20:30	a!CYCLING HIIT	a!CYCLING HIIT					
FITNESS	20:15	20:25	ABD 10'	ABD 10'	ABD 10'				
SALA 1	20:30	21:30	PILATES	YOGA HATHA	PILATES				
SALA 3	20:30	21:30			a!CYCLING ENDURANCE				
SALA 4	20:30	21:00			MOBILITY				
SALA 2	20:45	21:45	ZUMBA	BODYPUMP	ZUMBA				
SALA 3	20:45	21:35		a!CYCLING					
SALA 3	20:45	21:45	a!CYCLING ENDURANCE						
FITNESS	21:15	21:25	ABD 10'	ABD 10'	ABD 10'				
FITNESS	21:30	22:00	a!WOD 30'						

### ACTIVIDADES COMUNIDAD MIND

### ACTIVIDADES COMUNIDAD FITNESS

ACTIVIDADES EXPRESS COMUNIDAD FITNESS

### ACTIVIDADES COMUNIDAD CYCLING

### ACTIVIDADES COMUNIDAD RUNNING

### ACTIVIDADES COMUNIDAD MOVING

### ACTIVIDADES COMUNIDAD SWIMMING

La dirección se reserva el derecho de modificar los horarios según las necesidades del club.

HORARIO: De lunes a viernes de 7:00h a 23:00h, sábados de 9:00h a 22:00h y domingos de 9:00h a 20:00h

HORARIO ESPECIAL SEMANA SANTA: Jueves y Viernes de 9:00h. a 20:00h.

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