

HORARIO DE ACTIVIDADES DIRIGIDAS

MAÑANA

TARDE

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
FITNESS	7:15	8:00		a!WOD 45'		a!WOD 45'			
SALA 3	7:15	8:05	a!CYCLING		a!CYCLING		a!CYCLING		
FITNESS	8:15	8:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'		
SALA 2	8:15	9:15			BODYPUMP				
SALA 3	8:15	8:45		a!CYCLING HIIT		a!CYCLING HIIT			
SALA 1	8:30	9:30			YOGA VINYASA				
SALA 1	8:30	9:15	a!WELLNESS						
PISCINA	8:30	9:15		AQUACARDIO			AQUACARDIO		
SALA 2	9:00	10:00		ZUMBA		BODYPUMP			
FITNESS	9:15	9:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'		
SALA 2	9:15	10:15	BODYPUMP				BODYCOMBAT		
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		YOGA HATHA	PILATES		
SALA 1	9:30	10:30	PILATES	PILATES					
SALA 2	9:30	10:30			ZUMBA			BODYPUMP	
SALA 3	9:30	10:20				a!CYCLING		a!CYCLING	
PISCINA	9:30	10:15	AQUAFITNESS	AQUACARDIO	AQUAFITNESS	AQUACARDIO	AQUAFITNESS		
OUTDOOR	9:30	11:00						a!RUNNING	
SALA 1	9:45	10:45			BODYBALANCE				
SALA 4	9:45	10:15				MOBILITY			
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		ZUMBA			
FITNESS	10:30	11:00	INGRAVITY 30'	a!WOD 30'	INGRAVITY 30'	a!WOD 30'	INGRAVITY 30'		
SALA 2	10:30	11:30	ZUMBA				ZUMBA	BODYPUMP	
SALA 4	10:30	11:30		BALLET FIT					
PISCINA	10:30	11:15	AQUACARDIO	AQUAFITNESS	AQUACARDIO	AQUAFITNESS			
SALA 1	10:45	11:45	YOGA HATHA	YOGA HATHA		PILATES	PILATES		BODYBALANCE
SALA 2	10:45	11:45			LATINO			BODYCOMBAT	
SALA 3	10:45	11:35		a!CYCLING			a!CYCLING		
SALA 3	10:45	11:45	a!CYCLING ENDURANCE		a!CYCLING ENDURANCE				
SALA 4	10:45	11:45				YOGA VINYASA			
SALA 1	11:00	12:00			PILATES AVANZADO			YOGA HATHA	
SALA 2	11:00	12:00							
FITNESS	11:15	11:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 4	11:15	11:45							
OUTDOOR	11:15	12:15		a!RUNNING		a!RUNNING			
FITNESS	11:30	12:00	a!WOD 30'	INGRAVITY 30'		INGRAVITY 30'			
SALA 2	11:30	12:30		BODYCOMBAT		BODYCOMBAT			
PISCINA	11:30	12:15	AQUACARDIO		AQUAFITNESS		AQUACARDIO		
SALA 2	11:45	12:45	BODYCOMBAT				BODYPUMP		
SALA 3	11:45	12:45						a!CYCLING ENDURANCE	
SALA 4	11:45	12:15		MOBILITY					
PISCINA	11:45	12:30						AQUACARDIO	
SALA 1	12:00	12:45		a!WELLNESS					
SALA 1	12:00	13:00	PILATES			PILATES			
SALA 2	12:00	13:00			BODYPUMP				
SALA 3	12:00	12:50	a!CYCLING			a!CYCLING			
SALA 3	12:00	13:00					a!CYCLING ENDURANCE		a!CYCLING ENDURANCE
PISCINA	12:00	12:45						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'	
SALA 1	12:30	13:30					YOGA HATHA		
PISCINA	12:30	13:15		a!SWIMMING		a!SWIMMING			
FITNESS	12:45	12:55	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'		
FITNESS	12:45	13:15							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	INGRAVITY 30'		INGRAVITY 30'		INGRAVITY 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'	ABD 10'	ABD 10'		
FITNESS	14:30	15:15					a!WOD 45'		
SALA 2	14:30	15:30	BODYPUMP		BODYPUMP				
SALA 3	14:30	15:30				a!CYCLING			
SALA 3	15:00	16:00		a!CYCLING					
FITNESS	15:15	15:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'		
SALA 3	15:30	16:20			a!CYCLING				
FITNESS	15:45	16:15	INGRAVITY 30'						
SALA 1	16:00	17:00	PILATES						
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'	INGRAVITY 30'	INGRAVITY 30'			
SALA 1	16:45	17:45				PILATES			
SALA 2	16:45	17:45			ZUMBA				
SALA 1	17:00	17:45		a!WELLNESS	a!WELLNESS		a!WELLNESS		
SALA 2	17:00	18:00	BODYCOMBAT			ZUMBA			
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 4	17:15	17:45				MOBILITY			
FITNESS	17:30	18:00					a!WOD 30'		
SALA 3	17:30	18:00	a!CYCLING HIIT	a!CYCLING HIIT	a!CYCLING HIIT				
FITNESS	17:45	18:15	a!WOD 30'	INGRAVITY 30'	a!WOD 30'	a!WOD 30'			
SALA 1	18:00	19:00	YOGA HATHA	PILATES	YOGA HATHA	BODYBALANCE	BODYBALANCE		
SALA 4	18:00	19:00			BALLET FIT				
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	BODYPUMP	ZUMBA		
SALA 3	18:45	19:35	a!CYCLING		a!CYCLING				
SALA 3	18:45	19:45		a!CYCLING ENDURANCE		a!CYCLING ENDURANCE	a!CYCLING ENDURANCE		
FITNESS	19:15	19:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 1	19:15	20:15	YOGA HATHA	BODYCOMBAT	PILATES	BALLET FIT	YOGA HATHA		
SALA 4	19:15	20:15							
FITNESS	19:30	20:00							
SALA 2	19:30	20:30	BODYPUMP	ZUMBA	BODYPUMP	BODYCOMBAT	BODYCOMBAT		
SALA 4	19:30	20:30	LATINO			PILATES			
PISCINA	19:30	20:15	AQUACARDIO	AQUAFITNESS	AQUACARDIO	AQUACARDIO	AQUAFITNESS		
OUTDOOR	19:30	20:30	a!RUNNING		a!RUNNING				
FITNESS	19:45	19:55	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'		
SALA 3	20:00	20:30	a!CYCLING HIIT	a!CYCLING HIIT					
SALA 3	20:00	20:50						a!CYCLING	
FITNESS	20:15	20:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	
SALA 3	20:15	21:00					a!CYCLING		
SALA 1	20:30	21:30	PILATES	YOGA HATHA	BODYBALANCE	YOGA HATHA			
SALA 3	20:30	21:30				a!CYCLING ENDURANCE			
SALA 4	20:30	21:00			MOBILITY				
SALA 4	20:30	21:30		a!DANCE					
PISCINA	20:30	21:15		a!SWIMMING					
OUTDOOR	20:30	21:30				a!RUNNING			
SALA 2	20:45	21:45	ZUMBA	BODYPUMP	ZUMBA	ZUMBA	BODYPUMP		
SALA 3	20:45	21:35		a!CYCLING					
SALA 3	20:45	21:45							
PISCINA	20:45	21:30	a!SWIMMING			a!SWIMMING			
FITNESS	21:15	21:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'		
FITNESS	21:30	22:00	a!WOD 30'	a!WOD 30'	a!WOD 30'	a!WOD 30'			

ACTIVIDADES COMUNIDAD MIND

ACTIVIDADES COMUNIDAD FITNESS

ACTIVIDADES EXPRESS COMUNIDAD FITNESS

ACTIVIDADES COMUNIDAD RUNNING

ACTIVIDADES COMUNIDAD MOVING

ACTIVIDADES COMUNIDAD CYCLING

ACTIVIDADES COMUNIDAD SWIMMING