

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00	7:30 - GAP - S1			7:30 - CICLO INDOOR - SC				7:00
8:00	8:30 - TOTAL TRAINING - S1			8:30 - ACTÍVATE - S1				8:00
9:00	9:30 - ACTÍVATE - S1	9:00 - AQUA FITNESS - P	9:00 - ZUMBA - S1	9:00 - AQUA AEROBIC - P	9:30 - BODY ATTACK - S1	9:30 - BODY PUMP - S1	9:15 - CROSS TRAINING - ZF	9:00
	9:30 - CORE - ZF	9:00 - PILATES - S2	9:45 - SALUD - S2	9:30 - BODY COMBAT - S1	9:15 - YOGA - S2		9:30 - PILATES - S2	
		9:15 - LES MILLS DANCE - S1	9:30 - CROSS TRAINING - ZF	9:15 - PILATES - S2	9:45 - CICLO INDOOR - SC			
		9:45 - CICLO INDOOR - SC		9:45 - CICLO INDOOR - SC				
10:00	10:00 - PILATES - S2	10:15 - ACTÍVATE - S1	10:00 - CICLO INDOOR - SC	10:30 - LES MILLS DANCE - S1	10:15 - FUNCIONAL - ZF	10:00 - SALUD - S2	10:15 - BODY PUMP - S1	10:00
	10:15 - CICLO INDOOR - SC	10:30 - YOGA - S2	10:30 - TOTAL TRAINING - S1	10:30 - BODY BALANCE - S2	10:30 - ZUMBA - S1	10:30 - ZUMBA - S1	10:30 - SPORT FAMILY - PP	
	10:45 - BODY PUMP - S1	10:30 - AQUA AEROBIC - P	10:45 - AQUA AEROBIC - P	10:30 - AQUA FITNESS - P	10:30 - AQUA AEROBIC - P			
	10:30 - AQUA AEROBIC - P	10:30 - AQUA FITNESS - P		10:45 - CLUB RUNNING - EXT	10:45 - PILATES - S2	11:00 - CICLO INDOOR - SC	11:30 - CICLO INDOOR - SC	
11:00	11:00 - BODY BALANCE - S2	11:15 - CORE - ZF	11:00 - STRETCHING - S2	11:30 - PILATES - S2	11:15 - AQUA FITNESS - P	11:30 - DANCE FAMILY - S1	11:15 - BODY BALANCE - S1	11:00
		11:15 - BODY COMBAT - S1	11:30 - AQUA PILATES - P	11:45 - TOTAL TRAINING - S1	11:30 - CROSS TRAINING - ZF			
		11:30 - PILATES - S2	11:30 - BODY PUMP - S1		11:45 - BODY PUMP - S1			
			11:45 - PILATES - S2					
12:00	12:00 - STRETCHING - S2		12:45 - CICLO INDOOR - SC	12:15 - HIIT - ZF	12:30 - STRETCHING - S2	12:30 - PILATES FAMILY - S2	12:15 - GAP - S1	12:00
13:00						13:00 - CORE - ZF		13:00
14:00	14:30 - CICLO INDOOR - SC	14:30 - BODY PUMP - S1		14:30 - CROSS TRAINING - ZF				14:00
15:00								15:00
17:00	17:00 - GAP - S1	17:15 - ACTÍVATE - S1	17:00 - YOGA - S2	17:15 - CROSS TRAINING - ZF	17:00 - CORE - ZF	17:30 - FUNCIONAL - ZF		17:00
	17:45 - BODY BALANCE - S2	17:30 - CICLO INDOOR - SC	17:30 - BODY PUMP - S1	17:30 - CARDIO KIDS - PP	17:00 - TOTAL TRAINING - S1			
	17:30 - TONO KIDS - PP	17:45 - TONO KIDS - PP	17:30 - CARDIO KIDS - PP		17:30 - CARDIO KIDS - PP			
					17:45 - YOGA - S2			
18:00	18:00 - LES MILLS DANCE - S1	18:15 - TOTAL TRAINING - S1	18:00 - FUNCIONAL - ZF	18:00 - PILATES - S2	18:00 - LES MILLS DANCE - S1	18:30 - CICLO INDOOR - SC		18:00
	18:15 - CICLO INDOOR - SC	18:30 - CORE - ZF	18:15 - ACTÍVATE - S2	18:15 - BODY PUMP - S1	18:30 - CICLO INDOOR - SC			
	18:15 - CARDIO KIDS - PP	18:45 - STRETCHING - S2	18:30 - ZUMBA - S1	18:30 - CICLO INDOOR - SC	18:45 - PILATES - S2			
			18:30 - TONO KIDS - PP					
19:00	19:00 - CLUB SWIMMING - P	19:15 - BODY PUMP - S1	19:00 - CICLO INDOOR - SC	19:00 - BODY BALANCE - S2	19:00 - BODY COMBAT - S1			19:00
	19:00 - BODY PUMP - S1	19:30 - SALUD - S2	19:15 - PILATES - S2	19:15 - BODY ATTACK - S1	19:30 - HIIT - ZF			
	19:15 - SALUD - S2	19:30 - HIIT - ZF	19:30 - BODY COMBAT - S1	19:30 - CLUB RUNNING - EXT	19:45 - AQUA PILATES - P			
	19:15 - CICLO INDOOR - SC							
20:00	20:00 - AQUA AEROBIC - P	20:15 - ZUMBA - S1	20:00 - AQUA FITNESS - P	20:00 - CICLO INDOOR - SC	20:15 - BODY PUMP - S1			20:00
	20:00 - BODY ATTACK - S1	20:30 - YOGA - S2	20:00 - CICLO INDOOR - SC	20:15 - ZUMBA - S1				
	20:15 - PILATES - S2	20:30 - AQUA AEROBIC - P	20:15 - LES MILLS DANCE - S2	20:15 - AQUA FITNESS - P				
	20:15 - HIIT - ZF		20:30 - GAP - S1					
21:00	21:00 - AQUA FITNESS - P		21:00 - HIIT - ZF	21:00 - CLUB SWIMMING - P				21:00
			21:00 - AQUA AEROBIC - P					

ESCANEA PARA  
VER EL HORARIO  
EN NUESTRA WEB



L-V: 7:00 - 22:30 h  
S: 9:00 - 20:00 h  
D y F: 9:00 - 14:00 h

ACTIVIDADES  
DIRIGIDAS 45'

LUDOTECA  
DE USO EXCLUSIVO  
PARA ABONADOS  
AL CENTRO