

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
09:05 - 09:55	SALA 1		YOGA		YOGA			
09:35 - 09:55	SALA 1	GAP		GAP				
10:05 - 10:55	SALA 1	BODY PUMP	TONO	BODY PUMP	BODY COMBAT	TONO		
10:05 - 10:55	SALA CICLO	CICLO		CICLO		CICLO		
11:05 - 11:55	SALA 1	PILATES	ZUMBA	YOGA	TONO	YOGA	TONO	TONO
11:05 - 11:55	SALA CICLO		CICLO		CICLO			
11:05 - 11:55	PISCINA	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS		AQUA WELLNESS
12:05 - 12:55	SALA 1	YOGA	DANZA ORIENTAL	PILATES	BODY BALANCE	PILATES		
12:05 - 12:55	SALA CICLO						CICLO	CICLO
13:05 - 13:55	SALA 1	ZUMBA	BODY BALANCE			DANZA ORIENTAL		
13:05 - 13:55	PISCINA	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS
14:35 - 15:25	SALA 1	BODY COMBAT	BODY PUMP	GAP	BODY PUMP	FIT PILATES		
14:35 - 15:25	SALA CICLO	CICLO	CICLO	CICLO	CICLO	CICLO		
17:05 - 17:55	SALA 1		GAP	BODY BALANCE	PILATES			
18:05 - 18:55	SALA 1	TONO	YOGA	TONO	TONO	ESTILOS		
18:05 - 18:55	SALA CICLO					CICLO		
18:05 - 18:55	PISCINA						AQUA WELLNESS	
18:05 - 18:55	PISCINA				CLUB TRIATLÓN			
19:05 - 19:55	SALA 1	BODY PUMP	CROSS PDM	BODY COMBAT	ZUMBA	BODY PUMP		
19:05 - 19:55	SALA CICLO	CICLO	CICLO	CICLO	CICLO			
19:05 - 19:55	PISCINA	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS		
20:05 - 20:55			CLUB TRIATLÓN					
20:05 - 20:55	SALA 1	BODY COMBAT	PILATES	BODY PUMP	YOGA	PILATES		
20:05 - 20:55	CICLO	CICLO	CICLO	CICLO	CICLO	CICLO		
21:05 - 21:55	SALA 1	YOGA		YOGA				

ACTIVIDADES WELLNESS

INTENSIDAD

CONTROL PESO

COREOGRAFÍA

RELAX