

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SABADO		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA
9:15	Ciclo - Virtual	Ciclo	9:15	Ciclo - Virtual	Ciclo	9:15	Ciclo - Virtual	Ciclo	9:15	Ciclo - Virtual	Ciclo	9:15	Ciclo - Virtual	Ciclo	9:15	Ciclo - Virtual	Ciclo
9:15	Pilates	1	9:15	Body Pump	1	9:15	Pilates	1	9:15	Body Pump	1	9:15	Pilates	1	10:00	Eliptica Bike Virtual	Fitness
			9:15	Pilates	4	9:15	Yoga-Dinámico	4	9:15	Pilates	4	9:15	Yoga-Dinámico	4	10:15	Ciclo - Indoor	1
9:15	Mantenimiento	2				9:15	Mantenimiento	2				9:15	Total Training	2	10:15	Hatha Yoga	4
9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	10:30	Training Fit	Fitness
10:00	Eliptica Bike Virtual	Fitness	10:00	Eliptica Bike Virtual	Fitness	10:00	Eliptica Bike Virtual	Fitness	10:00	Eliptica Bike Virtual	Fitness	10:00	Eliptica Bike Virtual	Fitness	11:15	Zumba	1
10:15	Ciclo - Indoor	Ciclo	10:15	Ciclo - Indoor	Ciclo	10:15	Ciclo - Indoor	Ciclo	10:15	Ciclo - Indoor	Ciclo	10:15	Ciclo - Indoor	Ciclo	11:15	Aquafitness	Piscina
10:15	Zumba	1	10:15	Sh'Bam	1	10:15	Zumba	1	10:15	Sh'Bam	1	10:15	Zumba	1	11:30	Ciclo - Virtual	Ciclo
10:15	Yoga-Terapia	4	10:15	Hatha Yoga	4				10:15	Hatha Yoga	4				12:00	Eliptica Bike Virtual	Fitness
10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	13:00	Abdominales	Fitness
10:30	TRX	Fitness	10:30	Abdominales	Fitness	10:30	TRX	Fitness	10:30	Abdominales	Fitness	10:30	TRX	Fitness	14:30	Ciclo - Virtual	Ciclo
11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	16:30	Ciclo - Virtual	Ciclo
11:15	Hipopresivos	1	11:15	Body Balance	1	11:15	Hipopresivos	1	11:15	Body Balance	1	11:15	Fit-Ball 30'	1	19:00	Ciclo - Virtual	Ciclo
11:30	Ciclo - Virtual	Ciclo	11:30	Ciclo - Virtual	Ciclo	11:30	Ciclo - Virtual	Ciclo	11:30	Ciclo - Virtual	Ciclo	11:30	Ciclo - Virtual	Ciclo	18:30	Training Fit	Fitness
11:30	R. Postural	4				11:30	R. Postural	4				11:45	Stretching 30'	1	19:30	Abdominales	Fitness
12:00	Eliptica Bike Virtual	Fitness	12:00	Eliptica Bike Virtual	Fitness	12:00	Eliptica Bike Virtual	Fitness	12:00	Eliptica Bike Virtual	Fitness	12:00	Eliptica Bike Virtual	Fitness			
13:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo			
14:00	Training Fit	Fitness	14:00	TRX	Fitness	14:00	Training Fit	Fitness	14:00	TRX	Fitness	14:00	Training Fit	Fitness			
14:30	TRX	Fitness	14:30	Training Fit	Fitness	14:30	TRX	Fitness	14:30	Training Fit	Fitness						
14:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo			
16:30	Ciclo - Virtual	Ciclo				16:30	Ciclo - Virtual	Ciclo				16:30	Ciclo - Virtual	Ciclo			
			17:30	Ciclo - Virtual	Ciclo				17:30	Ciclo - Virtual	Ciclo						
17:30	Training Fit	Fitness	17:30	TRX	Fitness	17:30	Training Fit	Fitness	17:30	TRX	Fitness	17:30	Training Fit	Fitness	10:15	Ciclo - Virtual	Ciclo
18:00	Cardio STEP	1	18:00	HIIT	1	18:00	Cardio STEP	1	18:00	GAP	1	18:00	Zumba	1	11:30	Training Fit	Fitness
18:00	Club Running	Ext.															
18:30	TRX	Fitness	18:00	Body Balance	3										11:30	Ciclo - Virtual	Ciclo
18:45	AquaSalud	Piscina				18:45	AquaSalud	Piscina							12:00	Eliptica Bike Virtual	Fitness
			19:00	Hipopresivos	3	19:00	Club Running	Ext.	19:00	Hipopresivos	3				13:00	Ciclo - Virtual	Ciclo
19:00	Ciclo - Indoor	Ciclo	19:00	Ciclo - Indoor	Ciclo	19:00	Ciclo - Indoor	Ciclo	19:00	Ciclo - Indoor	Ciclo	19:00	Ciclo - Virtual	Ciclo			
19:00	Body Pump	1	19:00	Body Combat	1	19:00	Zumba	1	19:00	Body Combat	1	19:00	Body Pump	1			
19:00	Fit-Ball 30'	2										19:00	Pilates	4			
19:30	Stretching 30'	2															
19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina			
19:30	Training Fit	Fitness	19:30	Abdominales	Fitness	19:30	Training Fit	Fitness	19:30	Abdominales	Fitness						
			19:30	Ashtanga Yoga	4	20:00	Fit-Ball 30'	2	19:00	Ashtanga Yoga	4						
20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo			
20:00	Zumba	1	20:00	Sh'Bam	1	20:00	Body Pump	1	20:00	Sh'Bam	1						
20:00	Hipopresivos	3	20:00	Pilates	3				20:00	Pilates	3						
20:00	Hatha Yoga	4				20:00	Hatha Yoga	4									
			20:15	AquaZumba	Piscina	20:30	Stretching 30'	2	20:15	AquaZumba	Piscina						
20:30	Abdominales	Fitness	20:30	Training Fit	Fitness	20:30	Abdominales	Fitness	20:30	Training Fit	Fitness	20:30	TRX	Fitness			
			20:30	*TRIATLON*	Piscina				20:30	*TRIATLON*	Piscina						
21:00	Pilates	3				21:00	Pilates	3									
21:00	HIIT	1	21:00	Total Training	1	21:00	HIIT	2	21:00	Total Training	1						
21:00	GAP	2	21:00	Aikido	Tatami				21:00	Aikido	Tatami						

* La dirección se reserva el derecho a modificación y/o cancelación de las actividades por necesidades organizativas.

	Tonificación		Cuerpo / mente		Cardiovascular		Coreografía / Baile		Piscina		Alta intensidad
	Virtual		Artes Marciales		Solo con "Cuota Triatlón"		Baja Intensidad				