

PROGRAMA DE ACTIVIDADES DIRIGIDAS

Válido desde el 16 de Enero de 2012

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00h - 09:00h	WELLNESS			BODY PUMP				
08:30h - 09:30h	WELLNESS		CICLO		CICLO			
09:30h - 10:30h	PISCINA	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS		
09:30h - 10:30h	WELLNESS	CICLO	BODY PUMP	CICLO	BODY PUMP	CICLO		
09:30h - 10:30h	ZEN		PILATES		PILATES	WELLNESS DANCE		
10:00h - 11:00h	WELLNESS						CICLO	
10:00h - 11:00h	PISCINA							AQUA WELLNESS
10:00h - 10:30h	ZEN			MEDITACION				
10:30h - 11:00h	WELLNESS				STRETCHING	ABDOMINALES		
10:30h - 11:30h	WELLNESS	BODY PUMP	WELLNESS CLASS	BODY JAM				
10:30h - 11:30h	ZEN	YOGA	TAI CHI	YOGA		PILATES		
11:00h - 12:00h	PISCINA		AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS
11:00h - 12:00h	ZEN				TAI CHI		YOGA	
11:30h - 12:30h	WELLNESS			GAP		BODY BALANCE		
12:30h - 13:30h	WELLNESS			STRETCHING				
12:00h - 13:00h	ZEN		PILATES					
12:00h - 13:00h	PISCINA	AQUA WELLNESS						
12:00h - 13:00h	WELLNESS	BODY BALANCE					PILATES	WELLNESS CLASS
13:00h - 14:00h	PISCINA						AQUA WELLNESS	
13:00h - 13:20h	SALA FITNESS			ABDOMINALES				
13:00h - 14:00h	WELLNESS							CICLO
13:30h - 14:30h	ZEN					YOGA		
13:00h - 13:30h	ZEN				PILATES			
13:30h - 14:00h	ZEN				PILATES			
13:30h - 14:30h	ZEN	YOGA						
14:00h - 14:20h	SALA FITNESS				ESTIRAMIENTOS	ABDOMINALES		
14:30h - 15:30h	ZEN			PILATES	BODY JAM	PILATES		
14:30h - 15:30h	PISCINA	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS				
14:30h - 15:30h	WELLNESS	BODY PUMP	CICLO	BODY COMBAT	CICLO	BODY STEP		
14:30h - 15:30h	ZEN	WELLNESS DANCE	BODY STEP					
15:30h - 16:30h	PISCINA	AQUA WELLNESS	AQUA WELLNESS		AQUA WELLNESS	AQUA WELLNESS		
15:30h - 16:30h	WELLNESS	BODY ATTACK	BODY PUMP	CICLO	BODY PUMP	CICLO		
15:30h - 16:30h	ZEN		PILATES					
16:30h - 17:30h	WELLNESS	CICLO						
17:00h - 18:00h	ZEN				YOGA			
18:00h - 19:00h	ZEN	PILATES	YOGA			PILATES	YOGA	
18:00h - 18:20h	SALA FITNESS	ABDOMINALES	ESTIRAMIENTOS					
18:00h - 19:00h	WELLNESS	BODY PUMP	BODY JAM	GAP		BODY PUMP	BODY PUMP	
18:00h - 19:00h	PISCINA		AQUA WELLNESS					
18:30h - 19:00h	WELLNESS				GAP			
19:00h - 20:00h	WELLNESS		BODY ATTACK	CICLO				
19:00h - 20:00h	ZEN		PILATES		PILATES			
19:00h - 20:00h	PISCINA	AQUA WELLNESS		AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	
19:00h - 20:00h	ZEN	TAI CHI		TAI CHI		BODY JAM		
19:00h - 20:00h	WELLNESS	CICLO			BODY COMBAT	CICLO		
20:00h - 20:20h	SALA FITNESS					ESTIRAMIENTOS		
20:00h - 21:00h	ZEN			BODY BALANCE		YOGA		
20:00h - 21:00h	WELLNESS		CICLO		BODY ATTACK	BODY COMBAT		
20:00h - 21:00h	WELLNESS	BODY COMBAT		BODY PUMP				
20:00h - 21:00h	PISCINA	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS			
20:00h - 21:00h	ZEN	BODY BALANCE	BODY PUMP					
20:15h - 21:15h	ZEN				YOGA			
21:00h - 21:30h	WELLNESS	STRETCHING						
21:00h - 22:00h	ZEN	YOGA	YOGA					

Las clases marcadas en el horario con una hora, tienen una duración real de 50 minutos.
Es imprescindible respetar el horario de las clases.
No se permitirá la entrada a la sala una vez transcurridos 10 minutos del inicio de las mismas.

ACTIVIDADES WELLNESS	CUERPO	Wellness TONO	Intensidad
		Wellness LÍNEA	Control de peso
		Wellness RITMO	Coreografía
	MENTE	Wellness EQUILIBRIO	Relax

