

PROGRAMA DE ACTIVIDADES DIRIGIDAS

Válido desde 14 de Enero de 2010

HORARIO	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
08:00 - 09:00 h	WELLNESS			WELLNESS CLASS				
09:30 - 10:30 h	WELLNESS	CICLO	BODY PUMP	CICLO	BODY PUMP	CICLO		
09:30 - 10:30 h	ZEN		PILATES		PILATES	WELLNESS CLASS		
09:30 - 10:30 h	PISCINA	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	
10:00 - 10:30 h	ZEN			MEDITACIÓN				
10:30 - 11:30 h	WELLNESS	CORE 30'	BODY COMBAT	GAP 30'	BODY BALANCE			
10:30 - 11:30 h	ZEN	YOGA		YOGA		PILATES	PILATES	
10:30 - 11:30 h	PISCINA							AQUA WELLNESS
10:30 - 12:00 h	ZEN		TAICHI		TAICHI			
11:00 - 12:00 h	WELLNESS			STRETCHING				
11:00 - 12:00 h	PISCINA	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS		
11:00 - 12:00 h	ZEN						YOGA	
11:30 - 12:30 h	ZEN					BODY BALANCE		
11:30 - 12:30 h	WELLNESS		FLAMENCO 45'		FLAMENCO 45'			
12:00 - 13:00 h	ZEN		PILATES					
12:00 - 13:00 h	WELLNESS			WELLNESS CLASS		FUNKY	CICLO	WELLNESS CLASS
12:15 - 13:00 h	WELLNESS		LATINO 45'		LATINO 45'			
12:30 - 13:30 h	ZEN	BODY BALANCE						
13:00 - 14:00 h	PISCINA						AQUA WELLNESS	AQUA WELLNESS
13:00 - 14:00 h	WELLNESS				PILATES			
13:30 - 14:30 h	ZEN	YOGA				YOGA		
14:00 - 15:00 h	PISCINA		AQUA WELLNESS					
14:30 - 15:30 h	ZEN			PILATES	BODY COMBAT	PILATES		
14:30 - 15:30 h	PISCINA	AQUA WELLNESS		AQUA WELLNESS				
14:30 - 15:30 h	WELLNESS	BODY PUMP	CICLO	BODY JAM	CICLO	BODY STEP		
14:30 - 15:30 h	ZEN	FUNKY	STEP					
15:30 - 16:30 h	PISCINA	AQUA WELLNESS	AQUA WELLNESS		AQUA WELLNESS	AQUA WELLNESS		
15:30 - 16:30 h	WELLNESS	GAP 30'		CICLO	BODY PUMP	CICLO		
15:30 - 16:30 h	ZEN		PILATES					
16:30 - 17:30 h	WELLNESS			FUNKY				
16:30 - 17:30 h	WELLNESS				YOGA	FLAMENCO 45'		
17:30 - 18:30 h	WELLNESS	BODY JAM				BODY JAM		
18:00 - 19:00 h	ZEN	PILATES	YOGA		GAP 30'	PILATES		
18:00 - 19:00 h	WELLNESS			BODY JAM	LATINO 45'		WELLNESS CLASS	
18:00 - 19:00 h	PISCINA		AQUA WELLNESS					
18:30 - 19:30 h	WELLNESS	BODY PUMP		GAP 30'		BODY PUMP		
18:45 - 19:30 h	WELLNESS				FLAMENCO 45'			
19:00 - 20:00 h	WELLNESS		BODY ATTACK					
19:00 - 20:00 h	ZEN		PILATES		PILATES	DEFENSA PERSONAL		
19:00 - 20:00 h	PISCINA	AQUA WELLNESS		AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS	
19:00 - 20:30 h	ZEN	TAI CHI		TAI CHI				
19:30 - 20:30 h	WELLNESS	CICLO		CICLO	BODY STEP	BODY COMBAT		
20:00 - 21:00 h	ZEN		GAP 30'					
20:00 - 21:00 h	WELLNESS		CICLO					
20:00 - 21:00 h	PISCINA	AQUA WELLNESS		AQUA WELLNESS				
20:30 - 21:30 h	WELLNESS	BODY COMBAT		BODY PUMP	BODY COMBAT	PILATES		
20:30 - 21:30 h	ZEN	BODY BALANCE		PILATES AVANZADO		YOGA		
20:30 - 21:30 h	PISCINA		AQUA WELLNESS		AQUA WELLNESS			
21:00 - 22:00 h	ZEN		YOGA		YOGA			
21:30 - 22:30 h	WELLNESS	PILATES						
21:30 - 22:30 h	ZEN	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

