

PROGRAMA DE ACTIVIDADES DIRIGIDAS

Válido desde el 12 de Septiembre de 2011

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
07:30 h - 08:15 h	ciclo indoor	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	
07:30 h - 08:25 h	sala 1		BODY PUMP		BODY PUMP		
09:30 h - 10:15 h	ciclo indoor		CICLO INDOOR		CICLO INDOOR		
09:30 h - 10:15 h	piscina						AQUAFITNESS
09:30 h - 10:25 h	sala 3	GIMNASIA SUAVE	PILATES	GIMNASIA SUAVE	PILATES	GIMNASIA SUAVE	
09:30 h - 10:25 h	sala 1	BODY PUMP		BODY PUMP		BODY PUMP	
09:30 h - 10:25 h	sala 4	YOGA		YOGA			
10:00 h - 10:45 h	piscina	AQUAGYM	AQUAFITNESS	AQUAGYM	AQUAFITNESS	AQUAGYM	
10:30 h - 11:15 h	ciclo indoor	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	CICLO INDOOR
10:30 h - 11:25 h	sala 4	CLUB DEL CORREDOR		CLUB DEL CORREDOR		PILATES ADV	
10:30 h - 11:25 h.	sala 3	AEROBIC/STEP	BODY TONIC	AEROBIC/STEP	BODY TONIC		
10:30 h - 11:25 h.	sala 1	BODY BALANCE	BODY COMBAT	BODY BALANCE	BODY COMBAT		
11:00 h - 11:55 h	sala 4		DANZA DEL VIENTRE		DANZA DEL VIENTRE		
11:00 h - 11:55 h	sala 1					LATINO	
11:30 h - 11:55 h	sala 1	ABD	GAP	ABD	GAP		
11:30 h - 11:55 h	piscina	AQUAGYM EXPRESS	AQUAGYM EXPRESS	AQUAGYM EXPRESS	AQUAGYM EXPRESS		
11:30 h - 12:55 h	sala 4	YOGA		YOGA			
12:00 h - 12:45 h	piscina	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM		
12:00 h - 12:55 h	sala 4		YOGA		YOGA		
13:00 h - 13:25 h	sala 1		B.BALANCE EXPRESS		B.BALANCE EXPRESS		
14:00 h - 14:25 h	sala 1	B.PUMP EXPRESS		B.PUMP EXPRESS		B.PUMP EXPRESS	
14:30 h - 15:15 h	ciclo indoor	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	
14:30 h - 15:15 h	piscina			AQUAFITNESS			
14:30 h - 15:25 h	sala 1		BODY PUMP		BODY PUMP		
16:00 h - 16:25 h	sala 1		B.BALANCE EXPRESS		B.BALANCE EXPRESS		
16:00 h - 16:55 h	sala 3	PILATES		PILATES			
17:00 h - 17:45 h	ciclo indoor	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
17:00 h - 17:55 h	sala 1	BODY PUMP		BODY PUMP		BODY PUMP	
18:15 h - 19:00 h	ciclo indoor	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	
18:30 h - 19:25 h	sala 1				BODY COMBAT	BODY COMBAT	
18:30 h - 19:25 h	sala 3		PILATES		PILATES		
18:30 h - 19:25 h	sala 4				DANZA DEL VIENTRE		
19:00 h - 19:25 h	sala 1	ESTIRAMIENTOS	ABD	ESTIRAMIENTOS			
19:00 h - 19:55 h	sala fitness		CLUB DEL CORREDOR		CLUB DEL CORREDOR		
19:30 h - 19:55 h	sala 4				ABD		
19:30 h - 20:25 h	sala 1	BODY TONIC	BODY TONIC	BODY TONIC	BODY TONIC	BODY BALANCE	
19:30 h - 20:25 h	sala 4		DANZA DEL VIENTRE				
19:30 h - 20:25 h	sala 3	BODY BALANCE	FIT BOX	BODY BALANCE			
19:30 h - 20:55 h	sala 4	YOGA					
20:00 h - 20:45 h	ciclo indoor	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
20:00 h - 20:55 h	sala 4			YOGA	YOGA		
20:00 h - 20:55 h	piscina	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	
20:30 h - 21:25 h	sala 1	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY PUMP	
20:30 h - 21:25 h	sala 3	ESTILOS	AEROLATINO	ESTILOS	AEROLATINO		
21:00 h - 21:25 h	piscina	AQUAFITNESS EXPRESS	AQUAFITNESS EXPRESS	AQUAFITNESS EXPRESS	AQUAFITNESS EXPRESS	AQUAFITNESS EXPRESS	
21:15 h - 22:10 h	sala 4	YOGA		YOGA	YOGA		
21:30 h - 22:15 h	ciclo indoor	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	
21:30 h - 22:25 h	sala 1	BODY PUMP	BODY COMBAT	BODY PUMP	BODY BALANCE		
21:30 h - 22:25 h	sala 3	GAP	BODY BALANCE	GAP	FIT BOX		

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

