

# PROGRAMA DE ACTIVIDADES DIRIGIDAS Válido desde 19 de Septiembre de 2011

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15 - 08:05 h	CICLO		CICLO		CICLO			
07:15 - 08:05 h	EXTERIOR			CLUB DE CORREDORRES				
08:05 - 08:55 h	PISCINA		ADAPTIV AQUA SPORT	AQUAWELLNESS	AQUAWELLNESS			
09:05 - 09:55 h	PISCINA	AQUAWELLNESS				AQUAWELLNESS		
09:05 - 09:55 h	WELLNESS	WELLNESS CLASS	PILATES	BODY BALANCE	GAP			
09:05 - 09:55 h	ZEN	YOGA		YOGA				
09:05 - 09:55 h	URBAN		GAP					
09:30 - 10:20 h	PISCINA						AQUAWELLNESS	AQUAWELLNESS
10:05 - 10:55 h	WELLNESS	BODY BALANCE		BODY PUMP	PILATES	WELLNESS CLASS		
10:05 - 10:55 h	PISCINA		AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS			
10:05 - 10:55 h	ZEN					BODY BALANCE		
10:05 - 10:55 h	CICLO		CICLO	CICLO				
10:30 - 11:20 h	CICLO						CICLO	CICLO
11:05 - 11:55 h	URBAN	ELONGACIÓN POSTURAL*		ELONGACIÓN POSTURAL*	BODY JAM	GAP		
11:05 - 11:55 h	ZEN	YOGA	TAI CHI	YOGA	YOGA	PILATES		
11:05 - 11:55 h	WELLNESS	BODY COMBAT	BODY PUMP	BODY COMBAT				
11:35 - 11:50 h	FITNESS	ABDOMINALES		ABDOMINALES				
11:05 - 11:55 h	CICLO	CICLO			CICLO	CICLO		
11:30 - 12:20 h	PISCINA						AQUAWELLNESS	AQUAWELLNESS
12:05 - 12:55 h	PISCINA	AQUAWELLNESS		AQUAWELLNESS		ADAPTIV AQUA SPORT		
12:05 - 12:35 h	ZEN	STRETCHING		STRETCHING				
12:05 - 12:55 h	ZEN		BODY BALANCE		BODY BALANCE	YOGA	YOGA	YOGA
12:05 - 12:55 h	WELLNESS	GAP		GAP	BODY PUMP			
12:05 - 12:20 h	FITNESS		STRIDING			ABDOMINALES		
12:30 - 13:20 h	CICLO						CICLO	CICLO
13:05 - 13:20 h	FITNESS	STRIDING			STRIDING			
13:05 - 13:55 h	ZEN			PILATES				
13:30 - 14:20 h	WELLNESS						WELLNESS CLASS	WELLNESS CLASS
14:05 - 14:55 h	WELLNESS	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP		
14:05 - 14:55 h	PISCINA	AQUAWELLNESS		AQUAWELLNESS	AQUAWELLNESS			
14:10 - 15:00 h	CICLO	CICLO	CICLO	CICLO	CICLO	CICLO		
15:30 - 14:20 h	URBAN		ELONGACIÓN POSTURAL*		ELONGACIÓN POSTURAL*			
15:35 - 15:50 h	FITNESS				STRETCHING			
16:05 - 16:55 h	WELLNESS	BODY STEP	WELLNESS CLASS		GAP	BODY JAM		
16:05 - 16:55 h	PISCINA			AQUAWELLNESS				
17:05 - 17:20 h	FITNESS		STRIDING					
17:05 - 17:55 h	WELLNESS		PILATES		BODY BALANCE			
18:05 - 18:55 h	URBAN	WELLNESS CLASS		PILATES				
18:05 - 18:55 h	ZEN		YOGA	BODY JAM		TAI CHI		
18:05 - 18:55 h	WELLNESS	PILATES	BODY PUMP	BODY STEP		BODY STEP		
18:05 - 18:20 h	FITNESS		STRECHING					
18:05 - 18:55 h	CICLO		CICLO		CICLO	CICLO		
18:05 - 18:55 h	ZEN				YOGA			
19:05 - 19:55 h	ZEN	BODY BALANCE	TAI CHI	BODY BALANCE	TAI CHI	YOGA		
19:05 - 19:55 h	WELLNESS	BODY COMBAT	BODY STEP	BODY COMBAT	BODY PUMP	BODY ATTACK		
19:05 - 19:55 h	PISCINA	AQUAWELLNESS	AQUAWELLNESS		AQUAWELLNESS	AQUAWELLNESS		
19:05 - 19:55 h	URBAN	GAP	WELLNESS CLASS	GAP	BODY JAM			
19:05 - 19:20 h	FITNESS			ABDOMINALES	ABDOMINALES	ABDOMINALES		
19:05 - 19:55 h	CICLO	CICLO	CICLO	CICLO	CICLO	CICLO		
20:05 - 20:55 h	WELLNESS	BODY PUMP	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY PUMP		
20:05 - 20:55 h	EXTERIOR	CLUB DE CORREDORRES			CLUB DE CORREDORRES			
20:05 - 20:20 h	FITNESS			STRIDING				
20:05 - 20:55 h	ZEN	PILATES	YOGA	PILATES	YOGA	YOGA		
20:05 - 20:55 h	PISCINA	AQUAWELLNESS		ADAPTIV AQUA SPORT				
20:05 - 20:55 h	URBAN	GAP	BODY JAM		GAP			
20:05 - 20:55 h	CICLO	CICLO	CICLO	CICLO	CICLO	CICLO		
21:05 - 21:55 h	WELLNESS	BODY ATTACK	BODY PUMP		BODY PUMP			
21:05 - 21:55 h	URBAN		BODY ATTACK					
21:05 - 21:35 h	CICLO				CICLO			
21:05 - 21:55 h	CICLO	CICLO	CICLO	CICLO				
21:05 - 21:55 h	ZEN	YOGA	YOGA		YOGA			
21:05 - 21:55 h	PISCINA		AQUAWELLNESS		AQUAWELLNESS			
21:30 - 22:00 h	ZEN	STRETCHING		STRETCHING				

\* Actividad Dirigida por Fisioterapeutas

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

