

# PROGRAMA DE ACTIVIDADES DIRIGIDAS

## Válido desde 14 de Septiembre de 2009

HORARIO	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
07:15 - 08:15 h	CICLO		CICLO		CICLO			
08:00 - 09:00 h	PISCINA		AQUA WELLNESS		AQUA WELLNESS			
08:00 - 09:00 h	CICLO			CICLO				
08:30 - 09:30 h	CICLO	CICLO				CICLO		
09:00 - 10:00 h	ZEN	YOGA		YOGA				
09:00 - 10:00 h	PISCINA	AQUA WELLNESS				AQUA WELLNESS		
10:00 - 11:00 h	WELLNESS	WELLNESS CLASS		WELLNESS CLASS				
10:00 - 11:00 h	ZEN	BODY BALANCE	PILATES	BODY BALANCE	PILATES	BODY BALANCE		
10:00 - 11:00 h	PISCINA		AQUA WELLNESS	AQUA WELLNESS	AQUA WELLNESS			
10:30 - 11:30 h	CICLO		CICLO		CICLO		CICLO	CICLO
11:00 - 12:00 h	ZEN	YOGA	TAI CHI	YOGA	TAI CHI	PILATES		
11:00 - 12:00 h	PISCINA						AQUA WELLNESS	AQUA WELLNESS
11:00 - 12:00 h	WELLNESS	BODY PUMP	BODY JAM		GAP			
12:00 - 13:00 h	CICLO	CICLO				CICLO	CICLO	CICLO
12:00 - 13:00 h	ZEN		BODY BALANCE		BODY BALANCE	YOGA	YOGA	YOGA
12:00 - 13:00 h	PISCINA	AQUA WELLNESS		AQUA WELLNESS		AQUA WELLNESS		
12:00 - 13:00 h	WELLNESS		BODY COMBAT	GAP	WELLNESS CLASS			
12:00 - 13:00 h	URBAN	FLAMENCO		FLAMENCO				
13:00 - 14:00 h	ZEN		TAI CHI		TAI CHI			
13:00 - 14:00 h	WELLNESS	PILATES		PILATES			WELLNESS CLASS	WELLNESS CLASS
14:00 - 15:00 h	ZEN	TAI CHI		TAI CHI		TAI CHI		
14:00 - 15:00 h	WELLNESS	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY ATTACK		
14:00 - 15:00 h	PISCINA	AQUA WELLNESS		AQUA WELLNESS	AQUA WELLNESS			
14:30 - 15:30 h	CICLO	14:15 CICLO	CICLO	14:15 CICLO	CICLO	14:15 CICLO		
15:00 - 15:30 h	ZEN	STRETCHING 30'		STRETCHING 30'		STRETCHING 30'		
16:00 - 17:00 h	PISCINA		AQUA WELLNESS					
16:00 - 17:00 h	WELLNESS	BODY STEP		WELLNESS CLASS		DANCE		
16:00 - 17:00 h	CICLO				CICLO			
17:00 - 18:00 h	WELLNESS	PILATES	PILATES		PILATES			
18:00 - 19:00 h	WELLNESS	WELLNESS CLASS		BODY PUMP		BODY STEP		
18:00 - 19:00 h	URBAN		FLAMENCO			FLAMENCO		
18:00 - 19:00 h	ZEN		YOGA	PILATES	YOGA	TAI CHI		
18:30 - 19:30 h	CICLO		CICLO		CICLO			
19:00 - 20:00 h	WELLNESS	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP	BODY ATTACK		
19:00 - 20:00 h	URBAN	GAP	BODY STEP	DANCE	BODY JAM			
19:00 - 20:00 h	ZEN	BODY BALANCE	TAI CHI	BODY BALANCE	TAI CHI	YOGA		
19:00 - 20:00 h	PISCINA		AQUA WELLNESS		AQUA WELLNESS	AQUA WELLNESS		
19:30 - 20:30 h	CICLO	CICLO	CICLO	CICLO	CICLO	CICLO		
20:00 - 21:00 h	WELLNESS	BODY PUMP	BODY COMBAT	BODY ATTACK	BODY COMBAT	BODY PUMP		
20:00 - 21:00 h	URBAN	DANCE	BODY JAM	WELLNESS CLASS	GAP			
20:00 - 21:00 h	ZEN	PILATES	YOGA	PILATES	YOGA			
20:00 - 21:00 h	PISCINA	AQUA WELLNESS		AQUA WELLNESS				
20:30 - 21:30 h	CICLO	CICLO	CICLO	CICLO	CICLO			
21:00 - 22:00 h	WELLNESS		BODY PUMP		BODY PUMP			
21:00 - 22:00 h	ZEN		YOGA		YOGA			
21:00 - 22:00 h	PISCINA		AQUA WELLNESS		AQUA WELLNESS			
21:30 - 22:00 h	ZEN	STRETCHING 30'		STRETCHING 30'				

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

