

PROGRAMA DE ACTIVIDADES DIRIGIDAS

Válido desde el 26 de Septiembre de 2011

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
07:15h - 08:05h	S.CICLISMO	CICLO INDOOR	BODY PUMP	CICLO INDOOR	BODY PUMP	CICLO INDOOR	
07:15h - 08:10h	STUDIO 1						
07:15h - 08:10h	STUDIO 3	PILATES AVANZADO		PILATES AVANZADO		BODY BALANCE	
08:15h - 09:05h	S.CICLISMO		CICLO INDOOR				
08:15h - 09:10h	STUDIO 3						
08:15h - 09:10h	STUDIO 1	BODY PUMP		INTERVAL STEP		YOGA	
08:30h - 09:25h	PISCINA				TBC		
09:30h - 10:20h	S.CICLISMO	CICLO INDOOR	AQUAGYM	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	
09:30h - 10:25h	STUDIO 3	TAICHI-CHIKUNG	TAICHI-CHIKUNG	TAICHI-CHIKUNG	TAICHI-CHIKUNG		
09:30h - 10:25h	STUDIO 1	ESTILOS	BODY PUMP	ESTILOS	BODY COMBAT	STEP	
09:30h - 10:25h	PISCINA	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
09:30h - 10:25h	STUDIO 2		BODY BALANCE				
10:30h - 10:45h	SALA FITNESS					CORE EXPRESS	
10:30h - 10:55h	STUDIO 2	ABDOMINALES		RITMOS LATINOS		ABDOMINALES	
10:30h - 11:15h	STUDIO 2		CICLO INDOOR				
10:30h - 11:20h	S.CICLISMO		YOGA	GAP	YOGA	BODY PUMP	
10:30h - 11:25h	STUDIO 1	BODY PUMP			INTERVAL STEP	YOGA	
10:30h - 11:25h	STUDIO 3	PILATES AVANZADO	STEP	PILATES AVANZADO		BODY BALANCE	
10:30h - 11:25h	STUDIO 2						AQUAFITNESS
11:00h - 11:55h	PISCINA						
11:15h - 12:10h	PISCINA	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
11:30h - 12:00h	STUDIO 2	GIM GLOBAL 30'					
11:30h - 12:25h	STUDIO 1		RITMOS LATINOS		RITMOS LATINOS		
11:30h - 12:25h	STUDIO 3	DANZA ORIENTAL		DANZA ORIENTAL		YOGA AVANZADO	
12:00h - 12:50h	S.CICLISMO		CICLO INDOOR		CICLO INDOOR		CICLO INDOOR
12:00h - 12:55h	STUDIO 1	BODY PUMP		FITBOX		TBC	
12:15h - 13:10h	PISCINA	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
12:30h - 13:25h	STUDIO 1		FLAMENCO				
13:00h - 13:15h	SALA FITNESS	CORE EXPRESS			CORE EXPRESS		
13:00h - 13:55h	STUDIO 1						BODY PUMP
14:00h - 14:55h	PISCINA	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS	
14:30h - 15:20h	S.CICLISMO	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	
14:30h - 15:25h	STUDIO 1	BODY TRAINING	BODY PUMP	STEP	BODY COMBAT	BODY PUMP	
14:30h - 15:25h	STUDIO 3		PILATES AVANZADO		PILATES AVANZADO		
15:30h - 16:20h	S.CICLISMO		CICLO INDOOR		CICLO INDOOR		
15:30h - 16:25h	STUDIO 1	GAP		BODY PUMP			
17:00h - 17:15h	SALA FITNESS		CIRCUIT TRAINING			CIRCUIT TRAINING	
17:00h - 17:55h	STUDIO 3	YOGA					
17:30h - 18:25h	STUDIO 2				YOGA		
17:30h - 18:25h	STUDIO 1	ESTILOS	KARATE INFANTIL*	BODY BALANCE	BODY PUMP	KARATE INFANTIL*	
18:00h - 18:55h	STUDIO 3	PILATES	FLAMENCO		INTERVAL STEP	GAP	
18:00h - 18:55h	STUDIO 2			GAP			
18:30h - 19:20h	S.CICLISMO	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	CICLO INDOOR
18:30h - 19:25h	STUDIO 2	DANZA ORIENTAL					
18:30h - 19:25h	STUDIO 1	BODY PUMP	BODY TRAINING	BODY COMBAT	BODY PUMP		
18:30h - 19:25h	STUDIO 3				PILATES		
19:00h - 19:50h	S.CICLISMO				CICLO INDOOR		
19:00h - 19:55h	STUDIO 1			ESGRIMA*		ESTILOS	
19:00h - 19:55h	STUDIO 2						
19:00h - 19:55h	STUDIO 3	PILATES	PILATES	PILATES AVANZADO		PILATES AVANZADO	
19:30h - 19:55h	STUDIO 1	ABDOMINALES		ABDOMINALES	ABDOMINALES		
19:30h - 20:20h	S.CICLISMO		CICLO INDOOR			CICLO INDOOR	
19:30h - 20:25h	STUDIO 1		ESTILOS				
19:30h - 20:25h	STUDIO 2	GAP					
19:30h - 20:25h	STUDIO 3				BODY BALANCE		
19:30h - 21:00h	STUDIO 2				DANZA CONTEMPORÁNEA 1*		
20:00h - 20:50h	S.CICLISMO	CICLO INDOOR		CICLO INDOOR	CICLO INDOOR		
20:00h - 20:55h	STUDIO 1	STEP		BODY PUMP	BODY COMBAT	BODY PUMP	
20:00h - 20:55h	STUDIO 2			ESTILOS		BODY PUMP	BALLROOM DANCE
20:00h - 20:55h	STUDIO 3	TAICHI-CHIKUNG	PILATES AVANZADO	TAICHI-CHIKUNG		YOGA	
20:30h - 21:20h	S.CICLISMO		CICLO INDOOR			CICLO INDOOR	
20:30h - 21:25h	STUDIO 1		BODY PUMP				
20:30h - 21:25h	STUDIO 2	RITMOS LATINOS					
20:30h - 21:25h	STUDIO 3				RITMOS LATINOS		
20:30h - 21:30h	PISCINA		AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
21:00h - 22:30h	STUDIO 2		DANZA CLÁSICA*		DANZA CONTEMPORÁNEA 2*		
21:00h - 21:25h	STUDIO 1			TBC			
21:00h - 21:55h	STUDIO 1	BODY PUMP	KICK BOXING*		BODY PUMP		
21:00h - 21:55h	STUDIO 3	DANZA ORIENTAL					
21:00h - 21:55h	STUDIO 2			YOGA			
21:10h - 22:00h	S.CICLISMO	CICLO INDOOR		DANZA ORIENTAL	CICLO INDOOR	CICLO INDOOR	
21:30h - 22:00h	STUDIO 1			FITBOX EXPRESS			
21:30h - 22:20h	S.CICLISMO		CICLO INDOOR				
21:30h - 22:25h	STUDIO 3				KICK BOXING*		
21:30h - 22:25h	STUDIO 2	BODY BALANCE					
21:30h - 22:25h	STUDIO 1		GAP				

*Actividad Dirigida no incluida en la cuota de abono.

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

