

HORARIO DE ACTIVIDADES DIRIGIDAS

Válido desde el 15 de Marzo de 2010

| HORARIO | SALA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SABADO | DOMINGO |
|---------------|---------|---------------|----------------|---------------|----------------|----------------|--------------|--------------|
| 09:00h-09:30h | SALA 1 | | FITBALL | | TONO EXPRESS | | | |
| 09:00h-09:30h | PISCINA | | AQUA EXPRESS | | AQUA EXPRESS | | | |
| 09:30h-10:00h | SALA 1 | TONO EXPRESS | | FITBALL | | TONO EXPRESS | | |
| 10:00h-10:50h | SALA 3 | CICLO INDOOR | | CICLO INDOOR | | CICLO INDOOR | | |
| 10:00h-10:50h | SALA 1 | BAILE ESTILOS | BODY SCULPING | BAILE ESTILOS | BODY PUMP | BODY COMBAT | | |
| 11:00h-11:30h | SALA 2 | GAP | | ABD | | GAP | | |
| 11:00h-11:50h | SALA 3 | | CICLO INDOOR | | CICLO INDOOR | | | |
| 11:00h-11:50h | PISCINA | AQUA FITNESS | AQUA GYM | AQUA FITNESS | AQUA GYM | AQUA FITNESS | | AQUA FITNESS |
| 11:00h-12:00h | SALA 1 | YOGA | BODY PUMP | BODY COMBAT | BODY SCULPING | YOGA | | |
| 12:00h-12:30h | SALA 2 | ABD | STRECHING | GAP | STRECHING | ABD | | |
| 12:10h-13:00h | SALA 1 | PILATES | DANZA ORIENTAL | PILATES | DANZA ORIENTAL | PILATES | | |
| 12:30h-13:20h | SALA 3 | | | | | | CICLO INDOOR | CICLO INDOOR |
| 13:00h-13:50h | PISCINA | | | | | | AQUA FITNESS | AQUA FITNESS |
| 13:10h-14:00h | SALA 1 | | TAICHI | YOGA | TAICHI | | | |
| 13:00h-13:50h | PISCINA | AQUA FITNESS | AQUA GYM | AQUA CHI | AQUA FITNESS | AQUA CHI | | |
| 14:30h-15:20h | SALA 1 | BODY SCULPING | | BODY COMBAT | | BODY SCULPING | | |
| 14:30h-15:20h | SALA 3 | CICLO INDOOR | | CICLO INDOOR | | CICLO INDOOR | | |
| 14:30h-15:30h | SALA 1 | | BODY PUMP | | BODY PUMP | | | |
| 15:00h-15:50h | SALA 3 | | CICLO INDOOR | | CICLO INDOOR | | | |
| 15:30h-16:00h | SALA 1 | TONO EXPRESS | | FITBALL | | GAP | | |
| 16:30h-17:30h | SALA 1 | | | BODY PUMP | | | | |
| 18:00h-18:30h | SALA 2 | | | | GAP | | | |
| 18:00h-18:50h | SALA 3 | CICLO INDOOR | | CICLO INDOOR | | CICLO INDOOR | | |
| 18:00h-18:50h | SALA 1 | PILATES | BODY SCULPING | TAICHI | PILATES | TAICHI | | |
| 18:30h-19:20h | PISCINA | | | | | | AQUA FITNESS | |
| 19:00h-19:50h | SALA 1 | BODY SCULPING | YOGA | BODY SCULPING | YOGA | BODY PUMP | | |
| 19:00h-19:50h | PISCINA | AQUA FITNESS | AQUA CHI | AQUA FITNESS | AQUA CHI | AQUA FITNESS | | |
| 20:00h-20:50h | SALA 1 | BODY PUMP | BODY PUMP | BODY COMBAT | BODY COMBAT | PILATES | | |
| 20:10h-21:00h | SALA 3 | CICLO INDOOR | CICLO INDOOR | CICLO INDOOR | CICLO INDOOR | CICLO INDOOR | | |
| 20:15h-20:45h | SALA 2 | | BODY BALANCE | | BODY BALANCE | | | |
| 20:30h-21:20h | PISCINA | AQUA GYM | AQUA FITNESS | AQUA GYM | AQUA FITNESS | AQUA GYM | | |
| 20:30h-21:00h | SALA 2 | ABD | | GAP | | | | |
| 21:00h-21:30h | SALA 2 | STRECHING | | STRECHING | | | | |
| 21:10h-22:00h | SALA 3 | | CICLO INDOOR | | CICLO INDOOR | | | |
| 21:20h-22:10h | SALA 1 | BODY COMBAT | BODY SCULPING | BODY PUMP | DANZA ORIENTAL | DANZA ORIENTAL | | |

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

