

PROGRAMA DE ACTIVIDADES DIRIGIDAS

Válido desde el 26 de Marzo de 2012

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:30h - 09:20h	I	YOGA						
09:00h - 09:30h	2	BODY COMBAT**						
09:00h - 09:30h	I					BODY PUMP**		
09:00h - 09:50h	I		YOGA		YOGA			
10:00h - 10:50h	I	BODY PUMP	BODY SCULPING	BODY COMBAT	ZUMBA	BODY COMBAT		
10:00h - 10:50h	3	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
11:00h - 11:30h	I	GAP		ABD		ABD		
11:00h - 11:50h	I	STEP	BAILES	BODY PUMP	BODY SCULPING	YOGA		
11:00h - 11:50h	P	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS		AQUA FITNESS
11:00h - 11:50h	I						BODY PUMP	
12:00h - 12:50h	2		BODY BALANCE		BODY BALANCE			
12:00h - 12:50h	I	PILATES		PILATES		PILATES		
12:00h - 12:50h	3						CICLO INDOOR	CICLO INDOOR
12:10h - 13:00h	I		DANZA ORIENTAL		DANZA ORIENTAL			
13:00h - 13:50h	P	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS
14:30h - 15:20h	3	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR		
14:30h - 15:20h	I	BODY SCULPING		BODY COMBAT		PILATES		
14:30h - 15:20h	I		BODY PUMP		BODY PUMP			
15:00h - 15:50h	3		CICLO INDOOR		CICLO INDOOR			
18:00h - 18:50h	3	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR		
18:00h - 18:50h	I	PILATES	BODY SCULPING		BODY BALANCE	ZUMBA		
18:30h - 19:20h	P						AQUA FITNESS	
19:00h - 19:50h	2			TAICHI		TAICHI		
19:00h - 19:50h	P	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS		
19:00h - 19:50h	I	BODY PUMP	YOGA	BODY COMBAT	YOGA	BODY PUMP		
20:00h - 20:50h	2		PILATES		DANZA ORIENTAL	DANZA ORIENTAL		
20:00h - 20:50h	I	BODY COMBAT	ZUMBA	BODY PUMP	BODY COMBAT			
20:10h - 21:00h	3	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
20:30h - 21:20h	P	AQUA FITNESS	ADAPTIV AQUA	AQUA FITNESS	ADAPTIV AQUA	AQUA FITNESS		
20:30h - 21:20h	I					YOGA		
21:10h - 22:00h	I	YOGA		YOGA	ZUMBA			
21:10h - 22:00h	3		CICLO INDOOR		CICLO INDOOR			
21:10h - 22:00h	I	ESCUELA BAILES *	BODY PUMP	ESCUELA BAILES *				

*Suplemento sobre la cuota mensual.

** Clase de 30 minutos.

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

