

HORARIO DE ACTIVIDADES DIRIGIDAS

Válido desde el 5 de Julio de 2010



Centro Wellness
Plaza del Mar

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
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		
11:00h - 12:00h	SALA 1	YOGA	BODY PUMP	BODY COMBAT	BODY SCULPING	YOGA		
12:00h - 12:30h	SALA 2	ABD	STRETCHING	GAP	STRETCHING	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			
16:30h - 17:30h	SALA 1			BODY PUMP				
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			
20:10h - 21:00h	SALA 3	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
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	STRETCHING		STRETCHING				
21:10h - 22:00h	SALA 3		CICLO INDOOR		CICLO INDOOR			
21:10h - 22:00h	SALA 1	BODY COMBAT		BODY PUMP	DANZA ORIENTAL *	DANZA ORIENTAL *		

* Clases disponibles durante los meses de Julio y Septiembre.

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

