

PROGRAMA DE ACTIVIDADES DIRIGIDAS

Válido desde el 10 de Octubre de 2011

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:30h - 09:00h	2					BODY BALANCE		
08:30h - 09:20h	2	YOGA						
09:00h - 09:30h	I	B.COMBAT EXPRESS		GAP		B.PUMP EXPRESS		
09:00h - 09:50h	I		YOGA		YOGA			
09:30h - 10:00h	P	AQUAPILATES	ADAPTIV AQUA	AQUAPILATES	ADAPTIV AQUA			
09:30h - 10:00h	2		STRIDING		STRIDING			
10:00h - 10:50h	3	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
10:00h - 10:50h	I	STEP	BODY SCULPING	STEP	BODY COMBAT	BODY PUMP		
11:00h - 11:30h	2	GAP		ABD		ABD		
11:00h - 11:50h	P	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS		AQUA FITNESS
11:00h - 11:50h	I	BODY PUMP		BODY COMBAT	BODY SCULPING	YOGA	BODY PUMP	
11:00h - 11:50h	I		BAILES					
11:30h - 12:00h	2	STRIDING		STRIDING		STRIDING		
11:30h - 12:20h	3		CICLO INDOOR		CICLO INDOOR			
12:00h - 12:50h	I	PILATES		PILATES		PILATES		
12:00h - 12:50h	I		BODY BALANCE		BODY BALANCE			
12:00h - 12:50h	3						CICLO INDOOR	CICLO INDOOR
12:10h - 12:40h	2	B.COMBAT EXPRESS						
12:10h - 13:00h	2		DANZA ORIENTAL		DANZA ORIENTAL			
13:00h - 13:15h	SALA FITNESS	ABD 15'	STRECHING 15'	ABD 15'	STRECHING 15'	ABD 15'		
13:00h - 13:50h	P	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS
14:30h - 15:00h	P				AQUAPILATES			
14:30h - 15:20h	I	BODY SCULPING		BODY COMBAT		STEP		
14:30h - 15:20h	3	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR		
14:30h - 15:20h	I		BODY PUMP		BODY PUMP			
15:00h - 15:50h	3		CICLO INDOOR		CICLO INDOOR			
15:30h - 15:45h	SALA FITNESS	STRECHING 15'	ABD 15'	STRECHING 15'	ABD 15'	STRECHING 15'		
15:30h - 16:00h	2	STRIDING		STRIDING		STRIDING		
16:30h - 17:20h	I		BODY BALANCE	BODY PUMP				
17:00h - 17:50h	I	BODY COMBAT			BODY SCULPING	BODY PUMP		
17:30h - 17:45h	SALA FITNESS	ABD 15'	STRECHING 15'	ABD 15'	STRECHING 15'	ABD 15'		
18:00h - 18:50h	3	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR		
18:00h - 18:50h	I	PILATES	BODY SCULPING	STEP	BODY BALANCE			
18:30h - 19:00h	P		AQUAPILATES		AQUAPILATES			
18:30h - 19:20h	P						AQUA FITNESS	
19:00h - 19:15h	SALA FITNESS	STRECHING 15'	ABD 15'	STRECHING 15'	ABD 15'	STRECHING 15'		
19:00h - 19:30h	2	STRIDING	STRIDING		STRIDING			
19:00h - 19:50h	I	BODY PUMP	YOGA	BODY PUMP	YOGA	BODY SCULPING		
19:00h - 19:50h	2			TAICHI		TAICHI		
19:00h - 19:50h	P	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS	AQUA FITNESS		
19:10h - 20:00h	E					CLUB DEL CORREDOR		
20:00h - 20:30h	2		STRIDING					
20:00h - 20:50h	2				DANZA ORIENTAL	DANZA ORIENTAL		
20:00h - 20:50h	I	BODY COMBAT	PILATES	BODY COMBAT	BODY PUMP			
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	2	YOGA		YOGA				
20:30h - 21:20h	I					YOGA		
21:00h - 21:50h	2		BODY BALANCE		BODY BALANCE			
21:10h - 22:00h	3		CICLO INDOOR		CICLO INDOOR			
21:10h - 22:00h	I	ESCUELA BAILES **	BODY PUMP	ESCUELA BAILES **				
21:30h - 22:00h	2	ABD		GAP				

** escuela con suplemento

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

