

# HORARIO DE ACTIVIDADES DIRIGIDAS

Válido desde el 31 de Agosto de 2009

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
09:00 - 09:30 h	SALA 1	AEROBIC	FITBALL	AEROBIC	FITBALL	AEROBIC		
09:00 - 09:30 h	PISCINA		AQUA EXPRESS		AQUA EXPRESS			
10:00 - 10:50 h	SALA 2		FLAMENCO					
10:00 - 10:50 h	SALA 3	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR		
10:00 - 10:50 h	SALA 1	BAILE STILOS	BODY SCULPING	BAILE STILOS	BODY SCULPING	BODY COMBAT		
11:00 - 11:30 h	SALA 2	GAP		ABD		GAP		
11:00 - 11:50 h	SALA 3		CICLO INDOOR		CICLO INDOOR			
11:00 - 11:50 h	PISCINA	AQUA FITNESS	AQUA GYM	AQUA FITNESS	AQUA GYM	AQUA FITNESS		
11:00 - 12:00 h	SALA 1	YOGA	BODY PUMP	BODY COMBAT	BODY PUMP	YOGA		
12:00 - 12:30 h	SALA 2	ABD	STRECHING	GAP	STRECHING	ABD		
12:10 - 13:00 h	SALA 1	PILATES	DANZA ORIENTAL	PILATES	DANZA ORIENTAL	PILATES		
12:30 - 13:20 h	SALA3						CICLO INDOOR	CICLO INDOOR
13:00 - 13:50 h	PISCINA						AQUA FITNESS	AQUA FITNESS
13:10 - 14:00 h	SALA 1	TAICHI	TAICHI	YOGA	TAICHI	AEROBIC		
13:00 - 13:50 h	PISCINA	AQUA FITNESS	AQUA GYM	AQUA CHI	AQUA FITNESS	AQUA CHI		
14:30 - 15:20 h	SALA 1	BODY SCULPING		BODY SCULPING				
14:30 - 15:20 h	SALA 3	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR		
14:30 - 15:30 h	SALA 1		BODY PUMP		BODY PUMP			
15:00 - 15:50 h	SALA 3		CICLO INDOOR		CICLO INDOOR			
15:30 - 16:00 h	SALA 1	AEROBIC		FITBALL		GAP		
16:30 - 17:30 h	SALA 1	STRECHING		BODY PUMP		FITBALL		
18:00 - 18:30 h	SALA 2				GAP			
18:00 - 18:50 h	SALA 1	PILATES	BODY SCULPING	TAICHI	PILATES			
18:00 - 18:50 h	SALA 3	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR		
18:30 - 19:20 h	PISCINA					AQUA FITNESS		
19:00 - 20:00 h	SALA 1	BODY SCULPING	YOGA	BODY COMBAT	YOGA	BODY PUMP		
19:00 - 19:50 h	PISCINA	AQUA FITNESS	AQUA CHI	AQUA FITNESS	AQUA CHI	AQUA FITNESS		
19:15 - 19:45 h	SALA 2		GAP		ABD			
19:30 - 20:20 h	SALA 2	FLAMENCO						
20:10 - 21:00 h	SALA 1	BODY PUMP	AEROBIC	BAILE STILOS	BODY PUMP	PILATES		
20:10 - 21:00 h	SALA 3	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
20:15 - 20:45 h	SALA 2		BODY BALANCE		BODY BALANCE			
20:30 - 21:20 h	PISCINA	AQUA GYM	AQUA FITNESS	AQUA GYM	AQUA FITNESS	AQUA GYM		
20:30 - 21:00 h	SALA 2	ABD		GAP				
21:00 - 21:30 h	SALA 2	STRECHING		STRECHING				
21:10 - 22:00 h	SALA 1	BODY COMBAT	BODY PUMP	BODY SCULPING	AEROBIC	DANZA ORIENTAL		
21:10 - 22:00 h	SALA 3		CICLO INDOOR		CICLO INDOOR			
21:45 - 22:15 h	PISCINA		AQUA EXPRESS		AQUA EXPRESS			

