

ACTIVIDADES del 12.09 al 18.12.2022

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:15	8:00	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING		
7:15	8:00	SALA 1		BODY PUMP		BODY PUMP			
7:15	8:00	FITNESS					FUNCIONAL DEPOR		
7:30	8:15	SALA 3		PILATES		PILATES			
7:30	8:45	SALA 2					Y O G A		
8:00	8:45	SALA 4		REFORMER		REFORMER			
9:00	9:45	FITNESS	FUNCIONAL DEPOR		FUNCIONAL DEPOR		FUNCIONAL DEPOR		
9:00	9:45	SALA 3	BODY BALANCE		BODY BALANCE				
9:00	9:45	SALA 4		REFORMER	REFORMER	REFORMER			
9:15	10:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
9:15	10:00	SALA 1	G A P		G A P		G A P		
9:15	10:00	SALA 1		BODY BALANCE		BODY BALANCE			
9:15	10:00	FITNESS		FUNCIONAL DEPOR		FUNCIONAL DEPOR			
9:15	10:00	PISCINA					AQUAGYM		
9:30	10:45	SALA 2					Y O G A		
10:00	10:45	SALA 3	PILATES		PILATES		PILATES		
10:00	10:45	SALA 1						GAP - B P	B P - B C - B B
10:00	10:45	SALA 4	REFORMER	REFORMER	REFORMER	REFORMER			
10:00	10:45	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
10:00	11:30	SALA 2	Y O G A		Y O G A				
10:15	11:00	PISCINA		AQUA-SALUD		AQUA-SALUD			
10:15	10:45	FITNESS-2	STRETCHING 30'	STRETCHING 30'	STRETCHING 30'	STRETCHING 30'	STRETCHING 30'		
10:15	11:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
10:15	11:00	SALA 1	ZUMBA	BODY COMBAT	ZUMBA	BODY COMBAT	BODY PUMP		
10:15	11:00	SALA 3		PILATES		PILATES			
10:15	11:00	FITNESS					SUSPENSION DEPOR		
10:45	11:15	FITNESS-2	ABS 30'	ABS 30'	ABS 30'	ABS 30'	ABS 30'		
11:00	11:45	CYCLING						CYCLING	CYCLING
11:00	11:45	SALA 4			REFORMER				
11:15	12:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
11:15	12:00	SALA 1	SUSPENSION DEPOR		SUSPENSION DEPOR		BODY COMBAT		
11:15	12:00	SALA 3		PILATES		PILATES			
11:30	12:45	SALA 2	Y O G A	Y O G A	Y O G A	Y O G A			
12:15	13:15	SALA 1	TAI - CHI	TAI - CHI	TAI - CHI	TAI - CHI			
14:00	14:45	SALA 4	REFORMER			REFORMER			
14:15	15:00	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
14:15	15:00	SALA 1	SUSPENSION DEPOR	BODY PUMP	SUSPENSION DEPOR	BODY PUMP	SUSPENSION DEPOR		
14:15	15:00	FITNESS	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR		
14:15	15:00	SALA 4		REFORMER	REFORMER				
15:00	15:45	SALA 4				REFORMER			
15:15	16:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
15:15	16:00	SALA 1	BODY BALANCE	G A P	BODY BALANCE	G A P	BODY PUMP		
15:15	15:45	FITNESS-2					STRETCHING 30'		
15:30	16:15	SALA 4	REFORMER		REFORMER				
17:00	17:45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
17:00	17:45	SALA 1		ZUMBA		ZUMBA			
17:00	17:45	SALA 4	PILATES	PILATES	PILATES	PILATES			
18:00	18:45	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
18:00	18:45	SALA 1	BODY PUMP	BODY COMBAT	BODY PUMP	BODY COMBAT			
18:00	18:45	FITNESS	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR		
18:00	18:45	SALA 4	ENERGY FIT	PILATES	ENERGY FIT	PILATES			
18:00	19:15	SALA 2				Y O G A			
18:30	20:00	SALA 2			Y O G A				
19:00	19:30	FITNESS-2					ABS 30'		
19:00	19:45	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	
19:00	19:45	SALA 1	G A P	BODY PUMP	G A P	BODY PUMP			
19:00	19:45	SALA 4	PILATES	REFORMER	PILATES	REFORMER			
19:30	20:00	SALA 2					STRETCHING 30'		
19:30	21:00	SALA 2	Y O G A						
20:00	20:45	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	
20:00	20:45	SALA 1	BODY PUMP	BODY BALANCE	BODY PUMP				
20:00	20:45	SALA 4		HIOPRESIVOS		HIOPRESIVOS			
20:15	21:00	FITNESS	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR			

*Tai-Chi, Reformer y Energy Fit no están incluidos en la Tarifa