

# ACTIVIDADES DIRIGIDAS

SPINNING TONIFICACIÓN CUERPO-MENTE COREOGRÁFICAS PISCINA ALTA INTENSIDAD

S1 – SALA 1. SPINNING S2 – SALA 2 S3 – SALA 3 S4 – SALA 4 S5 – SALA 5. FUNCIONAL PP – PISCINA PEQUEÑA

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	AQUAFITNESS – PP 07:10 - 07:55	BODYCOMBAT – S3 07:10 - 08:10	BODYPUMP – S3 07:10 - 08:10	BODYCOMBAT – S3 07:10 - 08:10	BODYPUMP – S3 07:10 - 08:10		
	FUNCIONAL FIT – S5 07:10 - 07:40		AQUAFITNESS – PP 07:10 - 07:55		SPINNING – S1 07:10 - 08:00		
	SPINNING – S1 07:10 - 08:00		SPINNING – S1 07:10 - 08:00		AQUAFITNESS – PP 07:10 - 07:55		
08:00	GAP FITNESS – S3 08:15 - 09:15	AQUAFITNESS – PP 08:15 - 09:00	GAP FITNESS – S3 08:15 - 09:15	PILATES – S3 08:15 - 09:15	AQUAFITNESS – PP 08:15 - 09:00		
	AQUAFITNESS – PP 08:15 - 09:00	SPINNING – S1 08:15 - 09:05	AQUAFITNESS – PP 08:15 - 09:00	AQUAFITNESS – PP 08:15 - 09:00	FUNCIONAL FIT – S5 08:15 - 08:45		
		PILATES – S3 08:15 - 09:15		FUNCIONAL FIT – S5 08:15 - 08:45			
		FUNCIONAL FIT – S5 08:15 - 08:45		SPINNING – S1 08:15 - 09:05			
08:30					YOGA – S2 08:30 - 09:30	AQUAFITNESS – PP 08:45 - 09:30	
09:00	AQUAFITNESS – PP 09:15 - 10:00	COMBO – S3 09:15 - 10:15	AQUAFITNESS – PP 09:15 - 10:00	COMBO – S3 09:15 - 10:15	ZUMBA – S3 09:15 - 10:15		AQUAFITNESS – PP 09:15 - 10:00
	ZUMBA – S3 09:15 - 10:15	AQUAFITNESS – PP 09:15 - 10:00	ZUMBA – S3 09:15 - 10:15	AQUAFITNESS – PP 09:15 - 10:00	AQUAFITNESS – PP 09:15 - 10:00		
	FUNCIONAL FIT – S5 09:15 - 09:45		FUNCIONAL FIT – S5 09:15 - 09:45				
09:30	YOGA – S2 09:30 - 10:30	BODYBALANCE – S2 09:30 - 10:30	YOGA – S2 09:30 - 10:30	BODYBALANCE – S2 09:30 - 10:30	TAI CHI – S2 09:30 - 10:30		
10:00	PILATES – S3 10:15 - 11:15	AQUAFITNESS – PP 10:00 - 10:45	AQUAFITNESS – PP 10:00 - 10:45	AQUAFITNESS – PP 10:00 - 10:45	PILATES – S3 10:15 - 11:15	ZUMBA – S3 10:00 - 11:00	
	AQUAFITNESS – PP 10:00 - 10:45	BODYPUMP – S3 10:15 - 11:15	SPINNING – S1 10:00 - 10:50	BODYPUMP – S3 10:15 - 11:15	FUNCIONAL FIT – S5 10:00 - 10:30		
	SPINNING – S1 10:00 - 10:50	FUNCIONAL FIT – S5 10:00 - 10:30		FUNCIONAL FIT – S5 10:00 - 10:30	AQUAFITNESS – PP 10:00 - 10:45		
				SPINNING – S1 10:00 - 10:50			
10:30	AQUAFITNESS – PP 10:45 - 11:30	AQUAFITNESS – PP 10:45 - 11:30	AQUAFITNESS – PP 10:45 - 11:30	AQUAFITNESS – PP 10:45 - 11:30	AQUAFITNESS – PP 10:45 - 11:30		BODYPUMP – S3 10:30 - 11:30
	YOGA – S4 10:30 - 11:30	FLAMENCO FIT – S2 10:30 - 11:30	BODYBALANCE – S3 10:30 - 11:30	FLAMENCO FIT – S2 10:30 - 11:30			
	BODYCOMBAT – S2 10:30 - 11:30		BODYCOMBAT – S2 10:30 - 11:30				
11:00					BODYTONIC – S3 11:15 - 12:15	BODYPUMP – S3 11:00 - 12:00	
						SPINNING – S1 11:00 - 11:50	
11:30	GAP FITNESS – S3 11:30 - 12:30	DANZAS LATINAS – S2 11:30 - 12:30	PILATES – S3 11:30 - 12:30	DANZAS LATINAS – S2 11:30 - 12:30			SPINNING – S1 11:45 - 12:35
	PILATES – S2 11:30 - 12:30	AQUAFITNESS – PP 11:30 - 12:15	AQUAFITNESS – PP 11:30 - 12:15	AQUAFITNESS – PP 11:30 - 12:15			
	AQUAFITNESS – PP 11:30 - 12:15	CORE 30' – S3 11:30 - 12:00		CORE 30' – S3 11:30 - 12:00			
12:00						YOGA – S3 12:00 - 13:00	
13:30					FUNCIONAL FIT – S5 13:30 - 14:00		
14:00	FUNCIONAL FIT – S5 14:00 - 14:30		FUNCIONAL FIT – S5 14:00 - 14:30				
14:30	BODYPUMP – S3 14:30 - 15:30	SPINNING – S1 14:30 - 15:20	BODYPUMP – S3 14:30 - 15:30	SPINNING – S1 14:30 - 15:20			
15:00			PILATES – S3 15:15 - 16:15				
15:30	PILATES – S3 15:30 - 16:30	BODYPUMP – S3 15:30 - 16:30	AQUAFITNESS – PP 15:30 - 16:15	BODYPUMP – S3 15:30 - 16:30	GAP FITNESS – S3 15:30 - 16:30		
	AQUAFITNESS – PP 15:30 - 16:15						

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
16:00	AQUAFITNESS – PP 16:15 - 17:00	AQUAFITNESS – PP 16:15 - 17:00	AQUAFITNESS – PP 16:15 - 17:00	AQUAFITNESS – PP 16:00 - 16:45	AQUAFITNESS – PP 16:00 - 16:45		
16:30		FUNCIONAL FIT – S5 16:30 - 17:00		FUNCIONAL FIT – S5 16:30 - 17:00			
17:00		TAI CHI – S2 17:00 - 18:00					
17:30	EXPRESS 30´ – S3 17:30 - 18:00						
18:00	PILATES – S3 18:00 - 19:00	BODYPUMP – S3 18:00 - 19:00	FUNCIONAL FIT – S5 18:00 - 18:30	BODYPUMP – S3 18:00 - 19:00	EXPRESS 30´ – S3 18:00 - 18:30		
	FUNCIONAL FIT – S5 18:00 - 18:30	YOGA – S2 18:00 - 19:00	PILATES – S3 18:00 - 19:00	BODYBALANCE – S2 18:00 - 19:00			
18:30	GAP FITNESS – S2 18:30 - 19:30		GAP FITNESS – S2 18:30 - 19:30		BODYBALANCE – S2 18:30 - 19:30		
					SPINNING – S1 18:30 - 19:20		
19:00	SPINNING – S1 19:15 - 20:05	YOGA – S2 19:00 - 20:00	AQUAFITNESS – PP 19:00 - 19:45	FUNCIONAL FIT – S5 19:00 - 19:30	FUNCIONAL FIT – S5 19:00 - 19:30		
	AQUAFITNESS – PP 19:00 - 19:45	SPINNING – S1 19:15 - 20:05	FUNCIONAL FIT – S5 19:00 - 19:30	AQUAFITNESS – PP 19:00 - 19:45			
	FUNCIONAL FIT – S5 19:00 - 19:30	FUNCIONAL FIT – S5 19:00 - 19:30	STEP ATLÉTICO – S3 19:00 - 20:00	COMBO – S3 19:00 - 20:00			
	STEP ATLÉTICO – S3 19:00 - 20:00	AQUAFITNESS – PP 19:00 - 19:45	SPINNING – S1 19:15 - 20:05	YOGA – S2 19:00 - 20:00			
19:30	FLAMENCO FIT – S2 19:30 - 20:30	ESTIRAMIENTOS – S4 19:30 - 20:00	DANZAS LATINAS – S2 19:30 - 20:30	ESTIRAMIENTOS – S4 19:30 - 20:00	AQUAFITNESS – PP 19:45 - 20:30		
	FUNCIONAL FIT – S5 19:45 - 20:15	AQUAFITNESS – PP 19:45 - 20:30		AQUAFITNESS – PP 19:45 - 20:30	BODYPUMP – S3 19:30 - 20:30		
					SPINNING – S1 19:30 - 20:20		
20:00	SPINNING – S1 20:15 - 21:05	SPINNING – S1 20:15 - 21:05	AQUAFITNESS – PP 20:00 - 20:45	ZUMBA – S3 20:00 - 21:00	FUNCIONAL FIT – S5 20:00 - 20:30		
	AQUAFITNESS – PP 20:00 - 20:45	FUNCIONAL FIT – S5 20:00 - 20:30	CORE 30´ – S3 20:00 - 20:30	FUNCIONAL FIT – S5 20:00 - 20:30			
	CORE 30´ – S3 20:00 - 20:30	BODYBALANCE – S2 20:00 - 21:00	FUNCIONAL FIT – S5 20:00 - 20:30	SPINNING – S1 20:15 - 21:05			
20:30	BODYPUMP – S3 20:30 - 21:30		BODYPUMP – S3 20:30 - 21:30				
	BODYCOMBAT – S2 20:30 - 21:30		BODYCOMBAT – S2 20:30 - 21:30				
21:00		FUNCIONAL FIT – S5 21:00 - 21:30		FUNCIONAL FIT – S5 21:00 - 21:30			

\*Estos horarios podrán ser modificados según las necesidades organizativas del centro deportivo.