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	SPINNING – S1 07:10 - 08:00 AQUAFITNESS – PP 07:10 - 07:55 FUNCIONAL FIT – S4 07:10 - 07:55	BODYCOMBAT – S3 07:10 - 08:10 FUNCIONAL FIT – S4 07:10 - 07:55	BODYPUMP – S3 07:10 - 08:10 AQUAFITNESS – PP 07:10 - 07:55 SPINNING – S1 07:10 - 08:00	BODYCOMBAT – S3 07:10 - 08:10 FUNCIONAL FIT – S4 07:10 - 07:55	AQUAFITNESS – PP 07:10 - 08:10 SPINNING – S1 07:10 - 08:00 BODYPUMP – S3 07:10 - 08:10		
08:00	GAP FITNESS – S3 08:15 - 09:15 PILATES – S2 08:15 - 09:15 AQUAFITNESS – PP 08:15 - 09:00	AQUAFITNESS – PP 08:15 - 09:00 SPINNING – S1 08:15 - 09:05 PILATES – S3 08:15 - 09:15 FUNCIONAL FIT – S4 08:15 - 09:00	GAP FITNESS – S3 08:15 - 09:15 AQUAFITNESS – PP 08:15 - 09:00	PILATES – S3 08:15 - 09:15 AQUAFITNESS – PP 08:15 - 09:00 FUNCIONAL FIT – S4 08:15 - 09:00 SPINNING – S1 08:15 - 09:05	AQUAFITNESS – PP 08:15 - 09:00 FUNCIONAL FIT – S4 08:00 - 08:45		
08:30			YOGA – S2 08:30 - 09:30		YOGA – S2 08:30 - 09:30	AQUAFITNESS – PP 08:45 - 09:30	
09:00	AQUAFITNESS – PP 09:15 - 10:00 ZUMBA – S3 09:15 - 10:15 FUNCIONAL FIT – S4 09:15 - 10:00	AQUAFITNESS – PP 09:15 - 10:00 COMBO – S3 09:15 - 10:15	FUNCIONAL FIT – S4 09:15 - 10:00 AQUAFITNESS – PP 09:15 - 10:00 ZUMBA – S3 09:15 - 10:15	COMBO – 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
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	PILATES – S2 09:30 - 10:30		
10:00	PILATES – S3 10:15 - 11:15 AQUAFITNESS – PP 10:00 - 10:45 SPINNING – S1 10:00 - 10:50	AQUAFITNESS – PP 10:00 - 10:45 FUNCIONAL FIT – S4 10:00 - 10:30 BODYPUMP – S3 10:15 - 11:15	AQUAFITNESS – PP 10:00 - 10:45 SPINNING – S1 10:00 - 10:45	AQUAFITNESS – PP 10:00 - 10:45 BODYPUMP – S3 10:15 - 11:15 FUNCIONAL FIT – S4 10:00 - 10:30	PILATES – S3 10:15 - 11:15 AQUAFITNESS – PP 10:00 - 10:45 FUNCIONAL FIT – S4 10:00 - 10:45 SPINNING – S1 10:00 - 10:50	SPINNING – S1 10:00 - 10:50 ZUMBA – S3 10:00 - 11:00	BODYPUMP – S3 10:00 - 11:00
10:30	AQUAFITNESS – PP 10:45 - 11:30 YOGA – S2 10:30 - 11:30	AQUAFITNESS – PP 10:45 - 11:30 FLAMENCO FIT – S2 10:30 - 11:30	AQUAFITNESS – PP 10:45 - 11:30 BODYBALANCE – S3 10:30 - 11:30 BODYCOMBAT – S2 10:30 - 11:30	AQUAFITNESS – PP 10:45 - 11:30 FLAMENCO FIT – S2 10:30 - 11:30	AQUAFITNESS – PP 10:45 - 11:30 BARRÉ – 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	SPINNING – S1 11:15 - 12:05
11:30	GAP FITNESS – S3 11:30 - 12:30 HIPOPRESIVOS 30 – S2 11:30 - 12:00 AQUAFITNESS – PP 11:30 - 12:15	AQUAFITNESS – PP 11:30 - 12:15 CORE 30 – S3 11:30 - 12:00 BARRÉ – S2 11:30 - 12:30	PILATES – S3 11:30 - 12:30 AQUAFITNESS – PP 11:30 - 12:15 DANZAS STYLE – S2 11:30 - 12:30	AQUAFITNESS – PP 11:30 - 12:15 CORE 30 – S3 11:30 - 12:00 BARRÉ – S2 11:30 - 12:30	FLAMENCO FIT – S2 11:30 - 12:30 AQUAFITNESS – PP 11:30 - 12:15		
12:00						BODYBALANCE – S3 12:00 - 13:00	
13:30					FUNCIONAL FIT – S4 13:30 - 14:15		
14:00	FUNCIONAL FIT – S4 14:00 - 14:30		FUNCIONAL FIT – S4 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			
15:30	SPINNING – S1 15:30 - 16:20 AQUAFITNESS – PP 15:30 - 16:15 PILATES – S3 15:30 - 16:30	BODYPUMP – S3 15:30 - 16:30	SPINNING – S1 15:30 - 16:20 PILATES – S3 15:30 - 16:30 AQUAFITNESS – PP 15:30 - 16:15	BODYPUMP – S3 15:30 - 16:30	GAP FITNESS – S3 15:30 - 16:30		

	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 16:15 - 17:00	AQUAFITNESS – PP 16:15 - 17:00		
16:30		FUNCIONAL FIT – S4 16:30 - 17:15		FUNCIONAL FIT – S4 16:30 - 17:15			
17:00		STEP – S3 17:00 - 18:00					
17:30	EXPRESS 30 – S3 17:30 - 18:00 BARRÉ – S2 17:30 - 18:30		ZUMBA – S2 17:30 - 18:30		EXPRESS 30 – S3 17:30 - 18:00		
18:00	PILATES – S3 18:00 - 19:00 FUNCIONAL FIT – S4 18:00 - 18:45	BODYBALANCE – S2 18:00 - 19:00 BODYPUMP – S3 18:00 - 19:00	FUNCIONAL FIT – S4 18:00 - 18:45 PILATES – S3 18:00 - 19:00	BODYBALANCE – S2 18:00 - 19:00 BODYPUMP – S3 18:00 - 19:00			
18:30	BODYCOMBAT – S2 18:30 - 19:30		BODYCOMBAT – S2 18:30 - 19:30		BODYBALANCE – S3 18:30 - 19:30 SPINNING – S1 18:30 - 19:20		
19:00	AQUAFITNESS – PP 19:00 - 19:45 SPINNING – S1 19:00 - 19:50 GAP FITNESS – S3 19:00 - 20:00	FUNCIONAL FIT – S4 19:00 - 19:45 SPINNING – S1 19:15 - 20:05 COMBO – S3 19:00 - 20:00 AQUAFITNESS – PP 19:00 - 19:45 YOGA – S2 19:00 - 20:00	AQUAFITNESS – PP 19:00 - 19:45 SPINNING – S1 19:00 - 19:50 FUNCIONAL FIT – S4 19:00 - 19:45 GAP FITNESS – S3 19:00 - 20:00	COMBO – S3 19:00 - 20:00 FUNCIONAL FIT – S4 19:00 - 19:45 AQUAFITNESS – PP 19:00 - 19:45 SPINNING – S1 19:15 - 20:05 YOGA – S2 19:00 - 20:00	FUNCIONAL FIT – S4 19:00 - 19:45		
19:30	FLAMENCO FIT – S2 19:30 - 20:30	AQUAFITNESS – PP 19:45 - 20:30	FLAMENCO FIT – S2 19:30 - 20:30	AQUAFITNESS – PP 19:45 - 20:30	AQUAFITNESS – PP 19:45 - 20:30 BODYPUMP – S3 19:30 - 20:30 SPINNING – S1 19:30 - 20:10		
20:00	AQUAFITNESS – PP 20:00 - 20:45 SPINNING – S1 20:00 - 20:50 CORE 30 – S3 20:00 - 20:30 FUNCIONAL FIT – S4 20:00 - 20:45	FUNCIONAL FIT – S4 20:00 - 20:45 ZUMBA – S2 20:00 - 21:00 BODYPUMP – S3 20:00 - 21:00 SPINNING – S1 20:15 - 21:05	AQUAFITNESS – PP 20:00 - 20:45 SPINNING – S1 20:00 - 20:50 CORE 30 – S3 20:00 - 20:30 FUNCIONAL FIT – S4 20:00 - 20:45	BODYPUMP – S3 20:00 - 21:00 FUNCIONAL FIT – S4 20:00 - 20:45 SPINNING – S1 20:15 - 21:05 BARRÉ – S2 20:00 - 21:00			
20:30	BODYPUMP – S3 20:30 - 21:30		DANZAS STYLE – S2 20:30 - 21:30 BODYPUMP – S3 20:30 - 21:30				

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