ACTIVIDADES DIRIGIDAS

SPINNING TONIFICACIÓN CUERPO-MENTE COREOGRÁFICAS PISCINA ALTA INTENSIDAD ESPECIALES**

S1 – SALA 1 **S2** – SALA 2 (SPINNING) **S3** – SALA 3 **SF** – SALA FITNESS **P** – PISCINA **OUT** – ZONA OUTDOOR

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	SPINNING – S2 07:00 - 07:50	SINERGY – SF 07:05 - 07:35 GAP – S1 07:05 - 07:50	SPINNING – S2 07:00 - 07:50	BODYPUMP – S1 07:05 - 08:05 SINERGY – SF 07:05 - 07:35	SPINNING – S2 07:00 - 07:50 SINERGY – SF 07:05 - 07:35		
08:00	AQUAFITNESS – P 08:15 - 09:00	SPINNING VIRTUAL – S2 08:00 - 08:50 PILATES – S1 08:00 - 08:45	AQUAFITNESS – P 08:15 - 09:00	SPINNING VIRTUAL – S2 08:00 - 08:50 PILATES – S1 08:00 - 08:45	AQUAFITNESS – P 08:15 - 09:00		
08:30		HIPOPRESIVOS – S1 08:45 - 09:30		HIPOPRESIVOS – S1 08:45 - 09:30			
09:00	AQUADYNAMIC – PP 09:15 - 10:00 SPINNING – S2 09:15 - 10:05		SPINNING – S2 09:15 - 10:05 BODYPUMP – S1 09:15 - 10:15 AQUADYNAMIC – PP 09:15 - 10:00		SPINNING – S2 09:15 - 10:05 YOGUILATES – S3 09:15 - 10:15	SINERGY – SF 09:15 - 09:45	
09:30	FAT BURN – S1 09:30 - 10:10	PILATES – S3 09:30 - 10:25 RADIKAL – S1 09:30 - 10:30	YOGA – S3 09:30 - 10:20	BODY BALANCE – S3 09:30 - 10:25 RADIKAL – S1 09:30 - 10:30	FAT BURN – OUT 09:30 - 10:10		
10:00	AQUAFITNESS – P 10:00 - 10:45 GAP – S1 10:15 - 11:00	AQUACOMBAT – P 10:00 - 10:45	AQUAFITNESS – P 10:00 - 10:45 GAP – S1 10:15 - 11:00	AQUACOMBAT – P 10:00 - 10:45	AQUAFITNESS – P 10:00 - 10:45	AQUAFITNESS – P 10:00 - 10:45	OUTDOOR TRAINING – OUT 10:00 - 10:45
10:30	CROSS TRAINING – OUT 10:30 - 11:15 LATINOS – S3 10:30 - 11:30	SPINNING – S2 10:30 - 11:20 ESTIRAMIENTOS – S1 10:30 - 11:15 ZUMBA – S3 10:30 - 11:30	CROSS TRAINING – OUT 10:30 - 11:15 LATINOS – S3 10:30 - 11:30	SPINNING – S2 10:30 - 11:20 ZUMBA – S3 10:30 - 11:30 ESTIRAMIENTOS – S1 10:30 - 11:15	BODYPUMP – S1 10:30 - 11:30 LATINOS – S3 10:30 - 11:25		SPINNING – S2 10:45 - 11:35
11:00	BODY BALANCE – S1 11:00 - 11:50		PILATES – S1 11:00 - 11:50		CROSS TRAINING – OUT 11:00 - 11:45	BODYPUMP – S1 11:00 - 12:00	AQUAFITNESS – P 11:00 - 11:45
11:30		AQUAFITNESS – P 11:30 - 12:15 HIPOPRESIVOS – S3 11:30 - 12:15		HIPOPRESIVOS – S3 11:30 - 12:15 AQUAFITNESS – P 11:30 - 12:15	AQUACOMBAT – P 11:30 - 12:15 ESTIRAMIENTOS – S3 11:30 - 12:15		
12:00						SPINNING – S2 12:00 - 12:50	GAP – S1 12:00 - 12:45
13:30	AQUAFITNESS – P 13:30 - 14:15	SINERGY – SF 13:30 - 14:00	AQUAFITNESS – P 13:30 - 14:15	SINERGY – SF 13:30 - 14:00			
14:00	CROSS TRAINING – OUT 14:15 - 15:00 ESTIRAMIENTOS – S1 14:15 - 15:00	SPINNING – S2 14:15 - 15:05 BODYPUMP – S1 14:15 - 15:15	CROSS TRAINING – OUT 14:15 - 15:00 ESTIRAMIENTOS – S1 14:15 - 15:00	LATINOS – S3 14:15 - 15:00			
14:30	SPINNING – S2 14:30 - 15:20		SPINNING VIRTUAL – S2 14:30 - 15:20	SPINNING – S2 14:30 - 15:20	SPINNING – S2 14:30 - 15:20 BODYPUMP – S1 14:30 - 15:25		
15:00	POSTPARTO** 15:00 - 16:00	EMBARAZADAS** 15:00 - 16:00	POSTPARTO** 15:00 - 16:00	EMBARAZADAS** 15:00 - 16:00			
15:30	AQUAFITNESS – P 15:30 - 16:15 SPINNING – S2 15:30 - 16:20 BODYCOMBAT – S1 15:30 - 16:30	CROSS TRAINING – OUT 15:45 - 16:30 AQUAFITNESS – P 15:45 - 16:30 SPINNING VIRTUAL – S2 15:30 - 16:20 BODYPUMP – S1 15:30 - 16:30	SPINNING – S2 15:30 - 16:20 AQUAFITNESS – P 15:30 - 16:15 BODYCOMBAT – S1 15:30 - 16:30	SPINNING VIRTUAL – S2 15:30 - 16:20 BODYPUMP – S1 15:30 - 16:30 CROSS TRAINING – OUT 15:45 - 16:30 AQUAFITNESS – P 15:45 - 16:30	SPINNING – S2 15:30 - 16:20 AQUACOMBAT – P 15:30 - 16:15 CHOREOLOGY – S3 15:30 - 16:30		

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
16:00	EMBARAZADAS** 16:00 - 17:00		EMBARAZADAS** 16:00 - 17:00				
16:30		EMBARAZADAS** 16:30 - 17:30 GAP 30 – S1 16:30 - 17:00		EMBARAZADAS** 16:30 - 17:30 GAP 30 – S1 16:30 - 17:00			
17:00	BODYPUMP – S1 17:00 - 18:00	PILATES – S1 17:00 - 17:45	BODYPUMP – S1 17:00 - 18:00	PILATES – S1 17:00 - 17:45	OUTDOOR TRAINING – OUT 17:15 - 17:55		
17:30	SINERGY – SF 17:30 - 18:00	SALSATION – S1 17:45 - 18:40	SINERGY – SF 17:30 - 18:00	SALSATION – S1 17:45 - 18:40			
18:00	GAP – S3 18:15 - 18:55 SPINNING – S2 18:00 - 18:50 CROSS TRAINING – OUT 18:15 - 19:00 ZUMBA – S1 18:00 - 19:00	OUTDOOR TRAINING – OUT 18:15 - 19:00	SPINNING – S2 18:00 - 18:50 GAP – S3 18:15 - 18:55 CROSS TRAINING – OUT 18:15 - 19:00 ZUMBA – S1 18:00 - 19:00	OUTDOOR TRAINING – OUT 18:15 - 19:00	SPINNING – S2 18:00 - 18:50		
18:30		ESTIRAMIENTOS – S3 18:45 - 19:30		ESTIRAMIENTOS – S3 18:45 - 19:30			
19:00	AQUADYNAMIC – PP 19:15 - 20:00 YOGA – S3 19:00 - 20:00 HIIT – S1 19:00 - 19:35 SPINNING – S2 19:00 - 19:50	AQUAFITNESS – P 19:15 - 20:00 SPINNING – S2 19:00 - 19:50 BODYENERGY – S1 19:00 - 20:00	SPINNING – S2 19:00 - 19:50 HIIT – S1 19:00 - 19:35 YOGA – S3 19:00 - 20:00 AQUADYNAMIC – PP 19:15 - 20:00	SPINNING – S2 19:00 - 19:50 AQUAFITNESS – P 19:15 - 20:00 BODYENERGY – S1 19:00 - 20:00	BODYPUMP – S1 19:00 - 20:00 CROSS TRAINING – OUT 19:00 - 19:45		
19:30	CORE 30 – S1 19:35 - 20:00	PILATES – S3 19:30 - 20:25	CORE 30 – S1 19:35 - 20:00	PILATES – S3 19:30 - 20:25	AQUAFITNESS – P 19:30 - 20:15		
20:00	SPINNING VIRTUAL – S2 20:00 - 20:50 BODYPUMP – S1 20:00 - 21:00	SPINNING – S2 20:00 - 20:50 BODYCOMBAT – S1 20:00 - 21:00	SPINNING VIRTUAL – S2 20:00 - 20:50 BODYPUMP – S1 20:00 - 21:00	CROSS TRAINING – OUT 20:00 - 20:45 BODYCOMBAT – S1 20:00 - 20:55 SPINNING – S2 20:00 - 20:50			
20:30	DANZAS URBANAS – S3 20:30 - 21:45	DANZAS STYLE – S3 20:30 - 21:30	DANZAS URBANAS – S3 20:30 - 21:45	DANZAS STYLE – S3 20:30 - 21:30			
21:00		BODYPUMP – S1 21:00 - 21:50		BODYPUMP – S1 21:00 - 21:50			

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

**Actividad no incluida en el Bono Mensual.