



HORARIO DE ACTIVIDADES PRESENCIALES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	FIN DE SEMANA
7:10	CICLO INDOOR Ángeles SC - 55'	FUNCIONAL Laura BOX - 55'	HYBRID TRAINING / CORE Ángeles BOX - 45'	BODY PUMP Laura S2 - 55'	FITBALANCE Ángeles S1 - 55'	SÁBADO EVENTO 13º ANIVERSARIO SUPER SATURDAY BP / Ciclo / BC / FB S2/SC/S2/S1 - 180'
9:30	ZUMBA Clara S1 - 55'	PILATES Laura S1 - 55'	CICLO INDOOR Ángeles SC - 55'	FITBALANCE Ángeles S1 - 55'	BODY PUMP Laura S2 - 90'	
	CICLO INDOOR Laura SC - 55'	FUNCIONAL Ángeles BOX - 55'	CORE / ESPALDA SANA Laura S1 - 55'	P.E.B. Laura S2 - 55'		
10:30	BODY PUMP Ángeles S2 - 55'	FITBALANCE Ángeles S1 - 55'	PILATES Laura S1 - 55'	FUNCIONAL Ángeles BOX - 55'	CICLO INDOOR Ángeles SC - 55'	
11:30	MIND FLOW Ángeles S3 - 30'	HYBRID TRAINING Ángeles BOX - 45'	BODY PUMP Ángeles S2 - 55'	PILATES Laura S1 - 55'	STABILITY Laura S3 - 30'	
14:00		CICLO INDOOR Ángeles SC - 55'		FITBALANCE Ángeles S3 - 55'		
14:30	BODY PUMP Daniel S2 - 55'		HYBRID TRAINING Daniel BOX - 45'		FUNCIONAL Daniel BOX - 55'	
15:00		CORE Daniel S1 - 30'		SALA POWER Daniel SALA - 55'		
17:30	PILATES Laura S1 - 55'	CORE Nayi S1 - 30'	PILATES Laura S1 - 55'		BODY PUMP Nayi S2 - 55'	
	BODY PUMP Daniel S2 - 55'	17:45 HYBRID TRAIN. Juanjo BOX - 45'		17:45 HYBRID TRAIN. Juanjo BOX - 45'		
18:00	17:45 HYBRID TRAIN. Patricia BOX - 45'	STRETCHING Nayi S3 - 30'	CICLO INDOOR Daniel SC - 55'	ESPALDA SANA Nayi S1 - 30'		
18:30	18:00 CICLO INDOOR José SC - 55'	18:00 G.A.P. Patricia S1 - 30'	BODY COMBAT Noemí y Richard S2 - 55'	18:00 BODY PUMP Daniel S2 - 55'	18:15 HYBRID TRAIN. Daniel BOX - 45'	
	FULL CARDIO TRAINING Noemí y Richard S2 - 55'	BODY PUMP Ángeles S2 - 55'	FUNCIONAL Patricia BOX - 55'	PILATES Nayi S1 - 55'	BODY COMBAT Noemí y Richard S2 - 55'	
	TONE FIT Nayi S1 - 55'	PILATES Nayi S1 - 55'	STEP ENERGY Nayi S1 - 55'	18:45 HYBRID TRAIN. Juanjo BOX - 45'	CICLO INDOOR José SC - 55'	
19:00	18:30 HIIT BOX Patricia BOX - 30'	18:45 HYBRID TRAIN. Juanjo BOX - 45'	18:30 FITBALANCE Ángeles S3 - 55'	CICLO INDOOR José SC - 55'	CORE Patricia S1 - 30'	
	CORE Patricia BOX - 30'	CICLO INDOOR Daniel SC - 55'		G.A.P. Patricia S2 - 55'		
19:30	PILATES Laura S1 - 55'	ZUMBA Nayi S1 - 55'	PILATES Laura S1 - 55'	ZUMBA Nayi S1 - 55'	FUNCIONAL Patricia BOX - 55'	
	BODY PUMP Patricia S2 - 55'	BOXEO ESCUELA Mariano BOXEO-55'	HYBRID TRAINING Juanjo BOX - 45'	BOXEO ESCUELA Mariano BOXEO-55'	STEP ENERGY Nayi S1 - 55'	
	YOGA Noemí y Richard S3 - 55'	CORE Patricia S2 - 30'	YOGA Noemí y Richard S3 - 55'	STRETCHING Daniel S3 - 30'	FITBALANCE Noemí y Richard S3 - 55'	
20:00	19:30 FUNCIONAL Daniel BOX - 55'	BODY PUMP Patricia S2 - 55'	19:35 BODY PUMP Patricia S2 - 55'	SALA POWER Daniel SALA - 55'		
	CICLO INDOOR Nayi SC - 55'	KARATE Javier S3 - 90'	CICLO INDOOR Daniel SC - 55'	KARATE Javier S3 - 90'		

HORARIO DE CICLO INDOOR VIRTUAL

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	FIN DE SEMANA
	8:30 CICLO V. SC - 45'	8:00 CICLO V. SC - 45'	7:10 CICLO V. SC - 45'	9:30 CICLO V. SC - 45'	7:10 CICLO V. SC - 45'	SÁBADO
						18:00 CICLO V.
	13:30 CICLO V. SC - 45'	20:30 CICLO V. SC - 45'	13:30 CICLO V. SC - 45'	20:30 CICLO V. SC - 45'	14:30 CICLO V. SC - 45'	DOMINGO
						11:30 CICLO V.

Para reserva de plaza es necesario apuntarse previamente a las actividades colectivas. Los horarios de actividades en caso de necesidad podrán modificarse por la Dirección.

