

| LUNES         |              |           |         |
|---------------|--------------|-----------|---------|
| HORA          | CLASE        | MONITOR   | SALA    |
| 7:30 - 8:20   | CICLO L      | EVA       | C       |
| 8:30 - 9:25   | B.PUMP       | EVA       | B       |
| 8:30 - 9:25   | YOGA         | PEDRO     | D       |
| 9:15 - 10:00  | AQUAGYM      | ROSA      | PISCINA |
| 9:30 - 10:20  | CICLO L      | JUDIT     | C       |
| 9:30 - 10:25  | ZUMBA        | RAQUEL    | B       |
| 9:30 - 10:25  | GAP          | FRAN      | D       |
| 10:30 - 11:25 | TBC          | JUDIT     | B       |
| 10:30 - 11:25 | PILATES      | ALEJANDRA | D       |
| 10:30 - 11:20 | I.WALKING    | FRAN      | A       |
| 11:30 - 12:00 | CORE         | JUDIT     | B       |
| 15:30 - 16:25 | PILATES      | EVA       | D       |
| 17:30 - 18:25 | CICLO SPIVI  | VIRTUAL   | C       |
| 17:30 - 18:25 | GAP          | ANDREA    | B       |
| 18:30 - 19:25 | ZUMBA        | JAVI      | B       |
| 18:45 - 19:35 | I.WALKING    | ANDREA    | A       |
| 19:00 - 19:55 | CALISTENIA   | SAMUEL    | CROSS   |
| 19:00 - 19:55 | B.BALANCE    | ALEJANDRA | D       |
| 19:00 - 19:50 | CICLO L      | MARÍA     | C       |
| 19:30 - 20:25 | B.PUMP       | EVA       | B       |
| 19:30 - 20:15 | AQUAGYM      | ROTATIVO  | PISCINA |
| 19:30 - 20:30 | DEF.PERSONAL | BARTOLO   | E       |
| 20:00 - 20:55 | PILATES      | ALEJANDRA | D       |
| 20:00 - 20:50 | I.WALKING    | MARÍA     | A       |
| 20:30 - 21:00 | TRX          | MONITOR   | FITNESS |
| 20:30 - 21:30 | JIU JITSU    | BARTOLO   | E       |
| 20:30 - 21:25 | B.COMBAT     | FRAN      | B       |

| MARTES        |                  |           |         |
|---------------|------------------|-----------|---------|
| HORA          | CLASE            | MONITOR   | SALA    |
| 7:30 - 8:25   | HIIT             | ALEJANDRA | B       |
| 8:30 - 9:25   | CICLO SPIVI      | VIRTUAL   | C       |
| 8:30 - 9:25   | PILATES          | ALEJANDRA | B       |
| 9:15 - 10:00  | AQUAGYM          | FRAN      | PISCINA |
| 9:30 - 10:20  | CICLO L          | ANDREA    | C       |
| 9:30 - 10:25  | B.COMBAT         | JUDIT     | B       |
| 9:30 - 10:25  | PILATES          | ALEJANDRA | D       |
| 10:30 - 11:25 | YOGA             | PEDRO     | D       |
| 10:30 - 11:25 | B.PUMP           | ALEJANDRA | B       |
| 10:30 - 11:20 | I.WALKING        | JUDIT     | A       |
| 11:30 - 12:25 | ESPALDA          | PEDRO     | B       |
| 15:30 - 16:25 | B.PUMP           | MARCOS    | B       |
| 17:30 - 18:00 | CORE             | JUDIT     | B       |
| 18:00 - 18:50 | I.WALKING        | MARÍA     | A       |
| 18:00 - 18:55 | ZUMBA            | DAYANA    | D       |
| 18:15 - 19:10 | B.PUMP           | JUDIT     | B       |
| 19:00 - 19:50 | CICLO L          | MARÍA     | C       |
| 19:00 - 19:55 | PILATES          | EVA       | D       |
| 19:00 - 19:55 | CROSS            | SAMUEL    | CROSS   |
| 19:15 - 20:10 | B.COMBAT         | JUDIT     | B       |
| 20:00 - 20:55 | B.BALANCE        | MARCOS    | D       |
| 20:00 - 20:45 | TRX+TONIFICACIÓN | MONITOR   | FITNESS |
| 20:00 - 20:50 | I.WALKING        | MARÍA     | A       |
| 20:30 - 21:25 | YOGA             | PEDRO     | B       |

| MIÉRCOLES     |              |           |         |
|---------------|--------------|-----------|---------|
| HORA          | CLASE        | MONITOR   | SALA    |
| 7:30 - 8:20   | I.WALKING    | EVA       | A       |
| 8:30 - 9:25   | YOGA         | PEDRO     | D       |
| 8:30 - 9:25   | PILATES      | EVA       | B       |
| 9:15 - 10:00  | AQUAGYM      | ROSA      | PISCINA |
| 9:30 - 10:20  | CICLO L      | JUDIT     | C       |
| 9:30 - 10:25  | B.PUMP       | FRAN      | B       |
| 9:30 - 10:25  | PILATES      | ANDREA    | D       |
| 9:30 - 10:20  | I.WALKING    | MARÍA     | A       |
| 10:30 - 11:00 | CORE         | JUDIT     | B       |
| 10:30 - 11:25 | B.BALANCE    | ALEJANDRA | D       |
| 11:30 - 12:25 | PILATES      | ALEJANDRA | B       |
| 15:30 - 16:25 | B.BALANCE    | EVA       | D       |
| 17:30 - 18:25 | TBC          | MARÍA     | B       |
| 18:00 - 18:55 | PILATES      | EVA       | D       |
| 18:30 - 19:20 | I.WALKING    | MARÍA     | A       |
| 18:30 - 19:25 | GAP          | MARCOS    | B       |
| 19:00 - 19:55 | POWERBOX     | ALEJANDRA | D       |
| 19:00 - 19:55 | CALISTENIA   | SAMUEL    | CROSS   |
| 19:15 - 20:05 | CICLO L      | ANDREA    | C       |
| 19:30 - 20:15 | AQUAGYM      | JORGE     | PISCINA |
| 19:30 - 20:25 | B.PUMP       | MARCOS    | B       |
| 19:30 - 20:30 | DEF.PERSONAL | BARTOLO   | E       |
| 20:00 - 20:50 | I.WALKING    | MARÍA     | A       |
| 20:30 - 21:00 | TRX          | MONITOR   | FITNESS |
| 20:30 - 21:25 | B.BALANCE    | MARCOS    | D       |
| 20:30 - 21:30 | JIU JITSU    | BARTOLO   | E       |

| JUEVES        |                  |           |         |
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| HORA          | CLASE            | MONITOR   | SALA    |
| 7:30 - 8:25   | B.PUMP           | EVA       | B       |
| 8:30 - 9:25   | PILATES          | ALEJANDRA | B       |
| 8:30 - 9:25   | B.BALANCE        | EVA       | D       |
| 9:15 - 10:00  | AQUAGYM          | FRAN      | PISCINA |
| 9:30 - 10:25  | CICLO L          | JUDIT     | C       |
| 9:30 - 10:25  | POWERBOX         | ALEJANDRA | D       |
| 9:30 - 10:25  | PILATES          | EVA       | E       |
| 10:30 - 11:25 | YOGA             | PEDRO     | D       |
| 10:30 - 11:25 | GAP              | ALEX      | B       |
| 11:30 - 12:25 | ESPALDA          | PEDRO     | B       |
| 15:25 - 16:20 | B.PUMP           | EVA       | B       |
| 17:30 - 18:25 | B.COMBAT         | JUDIT     | B       |
| 17:30 - 18:25 | PILATES          | ANDREA    | D       |
| 18:30 - 19:00 | CORE             | JUDIT     | D       |
| 18:30 - 19:25 | ZUMBA            | JAVI      | B       |
| 19:00 - 19:50 | I.WALKING        | MARÍA     | A       |
| 19:00 - 19:55 | CROSS            | SAMUEL    | CROSS   |
| 19:15 - 20:05 | CICLO L          | JUDIT     | C       |
| 19:10 - 20:00 | PILATES          | ANDREA    | D       |
| 19:30 - 20:25 | GAP              | FRAN      | B       |
| 20:00 - 20:45 | TRX+TONIFICACIÓN | MONITOR   | FITNESS |
| 20:00 - 20:50 | I.WALKING        | MARÍA     | A       |
| 20:30 - 21:25 | B.PUMP           | FRAN      | B       |

| VIERNES       |                 |           |         |
|---------------|-----------------|-----------|---------|
| HORA          | CLASE           | MONITOR   | SALA    |
| 7:30 - 8:15   | CORE            | EVA       | B       |
| 8:30 - 9:25   | CICLO SPIVI     | VIRTUAL   | C       |
| 8:30 - 9:25   | PILATES         | EVA       | D       |
| 9:15 - 10:00  | AQUAGYM         | ROSA      | PISCINA |
| 9:30 - 10:25  | B.PUMP          | ALEJANDRA | B       |
| 9:30 - 10:25  | B.BALANCE       | EVA       | D       |
| 9:30 - 10:20  | I.WALKING       | JUDIT     | A       |
| 10:30 - 11:25 | PILATES         | ALEJANDRA | D       |
| 10:30 - 11:25 | ZUMBA           | RAQUEL    | B       |
| 10:30 - 11:20 | CICLO L         | JUDIT     | C       |
| 14:30 - 15:25 | CICLO SPIVI     | VIRTUAL   | C       |
| 17:30 - 18:25 | B.PUMP          | FRAN      | B       |
| 18:00 - 18:50 | CICLO L         | MARÍA     | C       |
| 18:30 - 19:25 | CALISTENIA      | SAMUEL    | CROSS   |
| 18:30 - 19:25 | B.COMBAT        | MARCOS    | B       |
| 18:30 - 19:25 | PILATES         | PEDRO     | D       |
| 19:00 - 19:55 | HIIT            | MONITOR   | FITNESS |
| 19:00 - 19:50 | I.WALKING       | MARÍA     | A       |
| 19:30 - 20:25 | ZUMBA           | PEDRO     | D       |
| 19:30 - 20:25 | GAP             | MARCOS    | B       |
| 19:45 - 20:30 | AQUAGYM         | JORGE     | PISCINA |
| 20:00 - 20:45 | TRX+ABDOMINALES | FERNANDO  | FITNESS |
| 20:30 - 21:25 | YOGA            | PEDRO     | D       |

| SÁBADO        |            |          |         |
|---------------|------------|----------|---------|
| HORA          | CLASE      | MONITOR  | SALA    |
| 10:00 - 10:50 | CICLO L    | MARÍA    | C       |
| 11:00 - 11:50 | I.WALKING  | MARÍA    | A       |
| 11:00 - 11:30 | TRX        | MONITOR  | FITNESS |
| 11:00 - 11:55 | PILATES    | FRAN     | B       |
| 17:30 - 18:25 | ABD+ESTIR. | ROTATIVO | FITNESS |
| 18:00 - 18:55 | B.PUMP     | ROTATIVO | B       |
| 19:00 - 19:50 | CICLO L    | ROTATIVO | C       |

| DOMINGO       |           |          |         |
|---------------|-----------|----------|---------|
| HORA          | CLASE     | MONITOR  | SALA    |
| 9:30 - 10:00  | TRX       | MONITOR  | FITNESS |
| 10:00 - 10:50 | CICLO L   | ROTATIVO | C       |
| 10:00 - 10:55 | PILATES   | ANDREA   | D       |
| 11:00 - 11:50 | I.WALKING | ANDREA   | A       |
| 11:00 - 11:55 | B.PUMP    | ROTATIVO | B       |

| TIPO DE ACTIVIDAD |
|-------------------|
| CICLO INDOOR      |
| TONIFICACIÓN      |
| CUERPO Y MENTE    |
| AERÓBICO          |
| ACUÁTICA          |
| INDOOR WALKING    |
| ARTES MARCIALES   |