

HORARIO DE ACTIVIDADES DIRIGIDAS (DESDE 19 SEPTIEMBRE DE 2022)

| LUNES | | | |
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| HORA | CLASE | MONITOR | SALA |
| 7:30 - 8:15 | CICLOI. | EVA | C |
| 8:30 - 9:15 | B.PUMP | EVA | B |
| 8:30 - 9:15 | YOGA | PEDRO | D |
| 9:30 - 10:00 | *AQUAFIT | GABY | PISCINA |
| 9:30 - 10:15 | CICLOI. | JUDIT | C |
| 9:30 - 10:15 | ZUMBA | RAQUEL | B |
| 9:30 - 10:15 | GAP | MARCOS | D |
| 10:15 - 11:00 | AQUAGYM | ROSA | PISCINA |
| 10:30 - 11:15 | TBC | MARCOS | B |
| 10:30 - 11:15 | PILATES | ALEJANDRA | D |
| 10:30 - 11:15 | I. WALKING | JUDIT | A |
| 11:30 - 12:00 | CORE | JUDIT | B |
| 14:20 - 14:50 | HIIT | ALEJANDRA | B |
| 14:30 - 15:15 | CICLOI. | ANDREA | C |
| 15:30 - 16:15 | PILATES | EVA | D |
| 17:30 - 18:15 | CICLOSPIVI | VIRTUAL | C |
| 17:30 - 18:15 | GAP | ANDREA | B |
| 18:30 - 19:15 | ZUMBA | JAVI | B |
| 18:45 - 19:30 | I. WALKING | ANDREA | A |
| 19:00 - 19:30 | TRX | JOSÉ LUIS | FITNESS |
| 19:00 - 19:45 | CALISTENIA | SAMUEL | CROSS |
| 19:00 - 19:45 | B. BALANCE | ALEJANDRA | D |
| 19:15 - 20:00 | CICLOI. | MARÍA | C |
| 19:30 - 20:15 | B.PUMP | EVA | B |
| 19:30 - 20:15 | AQUAGYM | ROTATIVO | PISCINA |
| 19:30 - 20:30 | DEF.PERSONAL | BARTOLO | E |
| 20:00 - 20:45 | PILATES | AZU | D |
| 20:00 - 20:45 | I. WALKING | MARÍA | A |
| 20:30 - 21:30 | JIU JITSU | BARTOLO | E |

| MARTES | | | |
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| HORA | CLASE | MONITOR | SALA |
| 7:30 - 8:15 | HIIT | ALEJANDRA | B |
| 8:30 - 9:00 | CICLOSPIVI | VIRTUAL | C |
| 8:30 - 9:15 | PILATES | ALEJANDRA | D |
| 9:15 - 10:00 | AQUAGYM | FRAN | PISCINA |
| 9:30 - 10:15 | CICLOI. | ANDREA | C |
| 9:30 - 10:15 | B. COMBAT | JUDIT | B |
| 9:30 - 10:15 | PILATES | ALEJANDRA | D |
| 10:15 - 11:00 | AQUAGYM | ROSA | PISCINA |
| 10:30 - 11:15 | YOGA | PEDRO | D |
| 10:30 - 11:15 | B. PUMP | ALEJANDRA | B |
| 10:30 - 11:15 | I. WALKING | JUDIT | A |
| 11:30 - 12:15 | *SEVILLANAS | EVA | D |
| 11:30 - 12:15 | ESPALDA | PEDRO | B |
| 14:30 - 15:15 | TBC | MARCOS | B |
| 15:30 - 16:15 | B. PUMP | MARCOS | B |
| 17:30 - 18:15 | CORE | JUDIT | B |
| 18:00 - 18:45 | I. WALKING | MARÍA | A |
| 18:15 - 19:00 | B. PUMP | JUDIT | B |
| 19:00 - 19:45 | CICLOI. | MARÍA | C |
| 19:00 - 19:45 | PILATES | EVA | D |
| 19:00 - 19:45 | CROSS | SAMUEL | CROSS |
| 19:15 - 20:00 | B. COMBAT | JUDIT | B |
| 19:30 - 20:15 | B. BALANCE | MARCOS | E |
| 20:00 - 20:30 | TRX | JOSÉ LUIS | FITNESS |
| 20:00 - 20:45 | I. WALKING | MARÍA | A |
| 20:30 - 21:15 | YOGA | PEDRO | D |

| MIÉRCOLES | | | |
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| HORA | CLASE | MONITOR | SALA |
| 7:30 - 8:15 | I. WALKING | EVA | A |
| 8:30 - 9:15 | YOGA | PEDRO | D |
| 8:30 - 9:15 | PILATES | EVA | B |
| 9:30 - 10:00 | *AQUAFIT | GABY | PISCINA |
| 9:30 - 10:15 | CICLOI. | JUDIT | C |
| 9:30 - 10:15 | B. PUMP | MARCOS | B |
| 9:30 - 10:15 | PILATES | AZU | D |
| 9:30 - 10:15 | I. WALKING | MARÍA | A |
| 10:15 - 11:00 | AQUAGYM | ROSA | PISCINA |
| 10:30 - 11:00 | CORE | JUDIT | B |
| 10:30 - 11:15 | B. BALANCE | ALEJANDRA | D |
| 14:20 - 14:50 | HIIT | ALEJANDRA | B |
| 15:30 - 16:15 | B. BALANCE | EVA | D |
| 17:30 - 18:00 | TBC | MARÍA | B |
| 18:00 - 18:45 | PILATES | EVA | D |
| 18:30 - 19:15 | I. WALKING | MARÍA | A |
| 18:30 - 19:15 | GAP | MARCOS | B |
| 19:00 - 19:45 | POWER BOX | ALEJANDRA | D |
| 19:00 - 19:45 | TRX | ROTATIVO | FITNESS |
| 19:00 - 19:45 | CALISTENIA | SAMUEL | CROSS |
| 19:15 - 20:00 | CICLOI. | EVA | C |
| 19:30 - 20:15 | AQUAGYM | JORGE | PISCINA |
| 19:30 - 20:15 | B. PUMP | MARCOS | B |
| 19:30 - 20:30 | DEF.PERSONAL | BARTOLO | E |
| 20:00 - 20:45 | I. WALKING | MARÍA | A |
| 20:30 - 21:15 | B. BALANCE | MARCOS | D |
| 20:30 - 21:30 | JIU JITSU | BARTOLO | E |

| JUEVES | | | |
|---------------|--------------------|-----------|---------|
| HORA | CLASE | MONITOR | SALA |
| 7:30 - 8:15 | B. PUMP | EVA | B |
| 8:30 - 9:15 | HIIT | ALEJANDRA | B |
| 8:30 - 9:15 | B. BALANCE | EVA | D |
| 9:15 - 10:00 | AQUAGYM | FRAN | PISCINA |
| 9:30 - 10:15 | CICLOI. | JUDIT | C |
| 9:30 - 10:15 | POWERBOX | ALEJANDRA | D |
| 9:30 - 10:15 | PILATES | EVA | E |
| 10:15 - 11:00 | AQUAGYM | ROSA | PISCINA |
| 10:30 - 11:15 | YOGA | PEDRO | D |
| 10:30 - 11:15 | GAP | MARCOS | B |
| 11:30 - 12:15 | *SEVILLANAS | EVA | D |
| 11:30 - 12:15 | ESPALDA | PEDRO | B |
| 14:30 - 15:15 | B. PUMP | EVA | B |
| 17:30 - 18:15 | B. COMBAT | JUDIT | B |
| 18:30 - 19:00 | CORE | JUDIT | D |
| 18:30 - 19:15 | ZUMBA | JAVI | B |
| 19:00 - 19:45 | I. WALKING | MARÍA | A |
| 19:00 - 20:15 | CROSS | SAMUEL | CROSS |
| 19:15 - 20:00 | CICLOI. | JUDIT | C |
| 19:15 - 20:00 | PILATES | AZU | D |
| 19:30 - 20:15 | GAP | MARCOS | B |
| 20:00 - 20:30 | TRX | JOSÉ LUIS | FITNESS |
| 20:00 - 20:45 | I. WALKING | MARÍA | A |
| 20:30 - 21:15 | B. PUMP | MARCOS | B |

* LAS CLASES COMIENZAN EN OCTUBRE

| VIERNES | | | |
|---------------|--------------------|-----------|---------|
| HORA | CLASE | MONITOR | SALA |
| 7:30 - 8:15 | CORE | EVA | B |
| 8:30 - 9:00 | CICLOSPIVI | VIRTUAL | C |
| 8:30 - 9:15 | PILATES | EVA | D |
| 9:30 - 10:15 | B. PUMP | ALEJANDRA | B |
| 9:30 - 10:15 | B. BALANCE | MARCOS | D |
| 9:30 - 10:15 | I. WALKING | JUDIT | A |
| 10:15 - 11:00 | AQUAGYM | ROSA | PISCINA |
| 10:30 - 11:15 | PILATES | ALEJANDRA | D |
| 10:30 - 11:15 | ZUMBA | RAQUEL | B |
| 10:30 - 11:15 | CICLOI. | JUDIT | C |
| 11:30 - 12:15 | *SEVILLANAS | EVA | D |
| 14:30 - 15:00 | CICLOSPIVI | VIRTUAL | C |
| 17:30 - 18:15 | B. PUMP | MARCOS | B |
| 18:00 - 18:45 | CICLOI. | MARÍA | C |
| 18:30 - 19:15 | B. COMBAT | MARCOS | B |
| 18:30 - 19:15 | PILATES | PEDRO | D |
| 19:00 - 19:30 | HIIT | ROTATIVO | FITNESS |
| 19:00 - 19:30 | I. WALKING | MARÍA | A |
| 19:30 - 20:15 | ZUMBA | PEDRO | D |
| 19:30 - 20:15 | GAP | MARCOS | B |
| 19:45 - 20:30 | AQUAGYM | JORGE | PISCINA |
| 20:00 - 20:30 | TRX | JOSÉ LUIS | FITNESS |
| 20:30 - 21:15 | YOGA | PEDRO | D |

| SÁBADO | | | |
|---------------|---------------------|----------|---------|
| HORA | CLASE | MONITOR | SALA |
| 10:00 - 10:45 | CICLOI. | MARÍA | C |
| 11:00 - 11:45 | I. WALKING | MARÍA | A |
| 11:00 - 11:30 | TRX | ROTATIVO | FITNESS |
| 11:00 - 11:45 | PILATES | AZU | B |
| 17:30 - 18:00 | ABD + ESTIR. | ROTATIVO | FITNESS |
| 18:00 - 18:45 | B. PUMP | ROTATIVO | B |
| 19:00 - 19:45 | CICLOI. | ROTATIVO | C |

| DOMINGO | | | |
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| HORA | CLASE | MONITOR | SALA |
| 9:30 - 10:00 | TRX | ROTATIVO | FITNESS |
| 10:00 - 10:45 | CICLOI. | ROTATIVO | C |
| 11:00 - 11:45 | I. WALKING | ANDREA | A |
| 11:00 - 11:45 | YOGA | LETICIA | D |
| 11:00 - 11:45 | B. PUMP | ROTATIVO | B |

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

