

LUNES / MIÉRCOLES

HORARIO	WELLNESS	PERFORMANCE	FITNESS	CROSS	BIKE	SQUASH	MURO	CANCHAS	ALBERCA
06:00	YOGA			CLINICA HIIT 6:00 a 6:30					ALBERCA CERRADA POR MANTENIMIENTO MAYOR
06:30									
07:00	PILATES	POWER JUMP		CROSS TRAINNING	BIKE			PADEL MIERCOLES 8:00 a 9:00	
07:30									
08:00	YOGA VINYASA	ZUMBA		FUNCIONAL 8:00 a 8:30	BIKE		DANZA AEREA		
08:30									
09:00		BODY COMBAT	BAILE			SQUASH			
09:30									
10:00	YOGA KUNDALINI					SQUASH			
17:00		BODY COMBAT		CLINICA GAP 17:00 a 17:30		SQUASH		PADEL LUNES	
17:30									
18:00	BAILE	BODY PUMP				SQUASH		PADEL MIERCOLES	
19:00	YOGA	ZUMBA		FUNCIONAL 19:00 a 19:30	BIKE		ESCALADA		
19:30									
20:00	PILATES	BODY PUMP	BODY COMBAT		BIKE				
21:00		POWER JUMP/M	BAILE						

MARTES / JUEVES

HORARIO	WELLNESS	PERFORMANCE	FITNESS	CROSS	BIKE	HEXAGONO	MURO	ALBERCA
06:00				CROSS TRAINNING				ALBERCA CERRADA POR MANTENIMIENTO MAYOR
07:00	YOGA	BODY COMBAT	CORE 7:00 a 7:30	CLINICA FUNCIONAL 7:30 a 8:00				
07:30								
08:00		BODY PUMP	BAILE		BIKE		ESCALADA DEPORTIVA	
09:00	PILATES	POWER JUMP						
10:00			CLINICA DE GAP 10:00 a 10:30					
10:30								
17:00	BODY BALANCE	POWER JUMP		CLINICA GAP 17:00 a 17:30				
17:30								
18:00	PILATES			CLINICA HIIT 18:00 a 18:30				
18:30								
19:00	YOGA		BAILE			KICK BOXING/M	ESCALADA DEPORTIVA	
20:00	FITBALL/M	CROSS TRAINNING/M	ZUMBA TONING		BIKE			

VIERNES

HORARIO	WELLNESS	PERFORMANCE	FITNESS	CROSS	BIKE	SQUASH	CANCHAS	ALBERCA
06:30				CLINICA PERDIDA DE PESO				ALBERCA CERRADA POR MANTENIMIENTO MAYOR
07:00	PILATES			FUNCIONAL 7:00 a 7:30	BIKE		PADEL 7:30 a 8:30	
07:30								
08:00	YOGA	CORE 8:00 a 8:30	BAILE		BIKE			
08:30								
09:00		GAP 9:00 a 9:30	ZUMBA			SQUASH		
09:30								
10:00	YOGA KUNDALINI					SQUASH		
18:00		ZUMBA						

SÁBADO / DOMINGO

HORARIO	WELLNESS	PERFORMANCE	BIKE	SQUASH	MURO	ALBERCA
08:00				SQUASH/S		ALBERCA CERRADA POR MANTENIMIENTO MAYOR
09:00					DANZA AEREA/S	
10:00	PILATES	BODY COMBAT	BIKE		DANZA AEREA/S	
11:00	YOGA	BAILE	BIKE/S			
12:00		BAILE			ESCALADA DEPORTIVA	

