

HORARIO DE ACTIVIDADES DIRIGIDAS

DESDE EL 10 DE ENERO

SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
SALA 1	7:15	8:00	á-FIT		BODYPUMP		á-FIT
CYCLING	7:15	8:05	CYCLING VIRTUAL	á-CYCLING	CYCLING VIRTUAL	á-CYCLING	CYCLING VIRTUAL
FITNESS	8:00	8:15	ABD 15'		ABD 15'		NEW MOBILITY 15'
FITNESS	8:00	8:30		INGRAVITY 30'		INGRAVITY 30'	
SALA 1	8:00	8:55		PILATES			
SALA 1	9:00	9:55	NEW ANTIAGING	ESPALDA SANA	NEW ANTIAGING	ESPALDA SANA	
FITNESS	9:30	9:45		NEW MOBILITY 15'		NEW MOBILITY 15'	
FITNESS	9:30	10:00	NEW BOOTY EXPRES		NEW BOOTY EXPRES		
SALA 1	9:30	10:25					GAP
FITNESS	9:45	10:00		NEW ABD 15'		NEW ABD 15'	
SALA 1	10:00	10:55	á-FIT	NEW LATINO	TBC	NEW BODYPUMP	
PISCINA	10:00	10:45		AQUAFITNESS		AQUAFITNESS	
SALA 1	10:30	11:25					LATINO
SALA 1	11:00	11:55	PILATES	STRETCHING	PILATES		
PISCINA	12:00	12:45	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS
CYCLING	13:00	13:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
FITNESS	13:45	14:00	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 2	13:45	14:30	HBX BOXING				
FITNESS	14:00	14:30	á-WOD 30'	INGRAVITY 30'	á-WOD 30'	INGRAVITY 30'	NEW BOOTY EXPRES
SALA 1	14:00	14:55		TBC		NEW BOOTY WORKOUT	
CYCLING	14:20	15:10	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
FITNESS	14:30	14:45	NEW MOBILITY 15'	NEW MOBILITY 15'	NEW MOBILITY 15'	NEW MOBILITY 15'	NEW MOBILITY 15'
SALA 1	14:30	15:25	BODYPUMP		BODYPUMP		BODYCOMBAT
SALA 2	14:30	15:15		HBX BOXING			
PLUS	14:30	15:25				NEW PILATES	

SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
SALA 1	18:00	18:55					PILATES
SALA 2	18:00	18:45	HBX BOXING				
SALA 2	18:00	18:55			NEW BOOTY WORKOUT		
CYCLING	18:00	18:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
PLUS	18:00	18:55		NEW MOBILITY			
FITNESS	18:15	18:45		NEW INGRAVITY 30'		NEW á-WOD 30'	
SALA 1	18:15	19:10	BODYPUMP	á-FIT	STEP TRAINING	TBC	
FITNESS	18:30	18:45	NEW ABD 15'		NEW ABD 15'		NEW ABD 15'
SALA 1	19:00	19:55					BODYPUMP
SALA 2	19:00	19:45		HBX BOXING	NEW HBX BOXING	HBX BOXING	
SALA 2	19:00	19:55	NEW BOOTY WORKOUT				
CYCLING	19:00	19:50	á-CYCLING	á-CYCLING	á-CYCLING	á-CYCLING	
PLUS	19:00	19:55	PILATES	YOGA INTEGRAL	ESPALDA SANA	YOGA INTEGRAL	
FITNESS	19:15	19:30		ABD 15'		ABD 15'	
SALA 1	19:15	20:10	BODYCOMBAT	á-DANCE	LATINO	á-DANCE	
PISCINA	19:15	20:00	AQUAFITNESS	AQUAFITNESS		AQUAFITNESS	
FITNESS	19:30	20:00	INGRAVITY 30'	á-WOD 30'	INGRAVITY 30'	á-WOD 30'	INGRAVITY 30'
FITNESS	20:00	20:15	ABD 15'		ABD 15'		ABD 15'
CYCLING	20:00	20:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
PLUS	20:00	20:55	NEW MOBILITY	HATHA YOGA	HATHA YOGA	HATHA YOGA	
FITNESS	20:15	20:30		NEW ABD 15'		NEW ABD 15'	
SALA 1	20:15	21:10	ZUMBA	BODYPUMP	BODYCOMBAT	STEP	
SALA 2	20:15	21:10		BOXEO		KICK BOXING	
FITNESS	21:00	21:30	á-WOD 30'	INGRAVITY 30'	á-WOD 30'	INGRAVITY 30'	á-WOD 30'
FITNESS	21:30	21:45	NEW MOBILITY 15'	ABD 15'	NEW MOBILITY 15'	ABD 15'	MOBILITY 15'

SÁBADO	INICIO	FINAL	ACTIVIDAD
CYCLING	10:00	10:50	á-CYCLING
SALA 1	11:00	11:55	BODYPUMP
PLUS	12:00	12:55	HATHA YOGA
PISCINA	17:30	19:00	AQUAFAMILY
FITNESS	19:00	19:30	á-WOD
CYCLING	19:00	19:50	CYCLING VIRTUAL
FITNESS	19:30	20:00	INGRAVITY 30'
FITNESS	20:00	20:15	ABD 15'

DOMINGO	INICIO	FINAL	ACTIVIDAD
CYCLING	10:00	10:50	á-CYCLING
SALA 1	11:00	11:55	á-FIT
PISCINA	11:30	13:00	AQUAFAMILY
PLUS	12:00	12:55	VINYASA YOGA
FITNESS	19:00	19:30	á-WOD
CYCLING	19:00	19:50	CYCLING VIRTUAL
FITNESS	19:30	20:00	INGRAVITY 30'
FITNESS	20:00	20:15	ABD 15'

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

ZUMBA
FITNESS

HBX BOXING

ACTIVIDADES COMUNIDAD MIND

ACTIVIDADES EXPRES - C. MIND-

ACTIVIDADES COMUNIDAD FITNESS

ACTIVIDADES EXPRES - C. FITNESS-

ACTIVIDADES COMUNIDAD CYCLING

La dirección se reserva el derecho de modificar los horarios dependiendo de las necesidades del club

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ACTIVIDADES COMUNIDAD RUNNING

ACTIVIDADES COMUNIDAD MOVING

ACTIVIDADES COMUNIDAD SWIMMING