

# HORARIO DE ACTIVIDADES DIRIGIDAS

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
SALA 2	7:15	8:05		BODYPUMP		TBC			
CYCLING	7:15	8:05	CYCLING		CYCLING		CYCLING		
SALA 2	8:15	9:05	TBC						
SALA 2	8:30	9:20		BALLET - FIT					
CYCLING	9:15	10:05					CYCLING VIRTUAL		
OUT. TRAINING*	9:15	10:05		CYCLING	CYCLING	CYCLING			
SALA 3	9:15	10:10	PILATES				PILATES		
SALA 2	9:30	10:20		STRETCH - PILATES					
CYCLING	9:30	10:20	CYCLING VIRTUAL						
SALA 3	9:30	10:20			BALLET - FIT	PILATES			
PISCINA	9:30	10:15		SUPBALANCE					
EXTERIOR	9:30	10:20	BODYPUMP		BOOTY WORKOUT <sup>NEW</sup>	TBC	BODYPUMP		
OUT. TRAINING*	9:30	10:20						CYCLING	CYCLING
SALA 3	10:15	11:10	YOGA VINYASA						
EXTERIOR	10:15	10:45	WOD 30'	ABD 30'	WOD 30'	ABD 30'	WOD 30'		
SALA 2	10:30	11:20	BALLET - FIT			YOGA HATHA			
SALA 3	10:30	11:20		WELLNESS	PILATES	WELLNESS			
PISCINA	10:30	11:15	AQUAFITNESS	AQUACARDIO	AQUASTEP	SUPHIIT	AQUACARDIO		
EXTERIOR	10:30	11:20		BODYPUMP	BODYCOMBAT			BODYCOMBAT	TBC
KIDS	10:30	11:20		DHARMA YOGA					
EXTERIOR	10:45	11:35					BODYBALANCE		
OUT. TRAINING*	11:00	11:50						CYCLING	CYCLING
SALA 2	11:30	12:20		STRETCHING		DANCE GOLD			
SALA 3	11:30	12:20	STRETCHING		YOGA VINYASA				
EXTERIOR	11:30	12:20	LATINO		AFRO - DANCE			BODYPUMP	STRETCHING
EXTERIOR	11:45	12:35					ZUMBA		
CYCLING	12:00	12:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
EXTERIOR	12:30	13:25						STRETCHING	PILATES
SALA 2	14:00	14:50	PILATES						
PISCINA	14:00	14:45	SUPHIIT						
EXTERIOR	14:00	14:50		STEP	TBC	BODYBALANCE			
OUT. TRAINING*	14:00	14:50	CYCLING		CYCLING				
EXTERIOR	14:00	14:50					BODYCOMBAT		
OUT. TRAINING*	14:30	15:20		CYCLING		CYCLING			

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
EXTERIOR	15:00	15:50	BODYPUMP		BODYPUMP				
OUT. TRAINING*	15:00	15:50					CYCLING		
KIDS	16:00	17:20			MINDFUL YOGA				
CYCLING	16:30	17:20	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
SALA 2	17:15	18:05				BODYCOMBAT			
SALA 3	17:30	18:20	HATHA YOGA						
EXTERIOR	17:30	18:20		BODYCOMBAT			BODYPUMP		
FITNESS	18:00	18:15						STRETCH 15'	STRETCH 15'
SALA 2	18:00	18:50	TBC						
PISCINA	18:00	18:45	SUPHIIT	SWIM					
EXTERIOR	18:00	18:50			BODYPUMP				
OUT. TRAINING*	18:00	18:50		CYCLING	CYCLING		CYCLING		
SALA 2	18:15	19:05				BODYPUMP			
SALA 2	18:30	19:20		FIT					
SALA 3	18:30	19:20	PILATES	PILATES	VINYASA YOGA	PILATES	PILATES		
CYCLING	18:30	19:20						CYCLING VIRTUAL	CYCLING VIRTUAL
EXTERIOR	18:30	19:20					BOOTY WORKOUT		
OUT. TRAINING*	18:30	19:20	CYCLING			CYCLING			
PISCINA	19:00	19:45	AQUASTEP	AQUAFITNESS	AQUACARDIO				
EXTERIOR	19:00	19:30	WOD 30'	ABD 30'	ABD 30'	WOD 30'	ABD 30'	ABD 30'	ABD 30'
EXTERIOR	19:00	19:50	BODYCOMBAT		DANCE				
OUT. TRAINING*	19:00	19:50		CYCLING	CYCLING		CYCLING		
OUTDOOR	19:00	19:50		3XHIIT					
SALA 2	19:15	20:05				FIT			
SALA 2	19:30	20:20					BODYCOMBAT		
EXTERIOR	19:30	20:20		ZUMBA					
SALA 3	19:30	20:20	BODYBALANCE	INTEGRAL YOGA	ESPALDA SANA	INTEGRAL YOGA	FOAM ROLLER		
OUT. TRAINING*	19:30	20:20	CYCLING			CYCLING			
SALA 2	20:00	20:50	BODYPUMP		BOOTY WORKOUT				
OUTDOOR	20:00	21:00			RUNNING		RUNNING		
OUT. TRAINING*	20:00	20:50			3xHIIT				
EXTERIOR	20:15	21:10				AFRO - DANCE			
SALA 2	20:30	21:20		TBC					
SALA 3	20:30	21:20	YOGA VINYASA		YOGA VINYASA				

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

**EXTERIOR** Las sesiones en el exterior se realizarán en el jardín/ tarima de la piscina exterior.

**OUT. TRAINING\*** NUEVA zona fitness exterior. Su horario es de 9:00h. a 20:00h.

HORARIO: De lunes a viernes de 7:00h a 23:00h. Sábados de 8:00h. a 22:00h. Domingos de 8:00h. a 20:30h. Festivos de 8:00h a 15:00h. Todas las zonas deportivas cerrarán 30 minutos antes del cierre del club.

## ACTIVIDADES COMUNIDAD MIND

## ACTIVIDADES EXPRESS - COMUNIDAD MIND -

## ACTIVIDADES COMUNIDAD FITNESS

## ACTIVIDADES EXPRESS - COMUNIDAD FITNESS -

## ACTIVIDADES COMUNIDAD CYCLING

## ACTIVIDADES COMUNIDAD RUNNING

## ACTIVIDADES COMUNIDAD MOVING

## ACTIVIDADES COMUNIDAD SWIMMING