

Horario de ACTIVIDADES



LUNES

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| CICLO INDOOR 7:30-8:15 |
| AQUAGYM 8:15-9:00 |
| NATACIÓN 9:00-9:45 |
| AQUAGYM 9:00-9:45 |
| ABDOMEN 9:15-9:45 |
| GAP 9:30-10:15 |
| PILATES 9:30-10:15 |
| AQUA PILATES 9:45-10:30 |
| CICLO INDOOR 10:00-10:45 |
| BAILES LATINOS* 10:00-11:30 |
| WIN MOVE 10:30-11:15 |
| PILATES 10:30-11:15 |
| AQUAGYM 11:15-12:00 |
| SEVILLANAS/FLAMENCO* 11:45-12:45 |
| WIN POWER 11:30-12:15 |

MARTES

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| AQUAGYM 8:15-9:00 |
| NATACIÓN 8:15-9:00 |
| PILATES 8:30-9:15 |
| AQUAGYM 9:00-9:45 |
| TAI CHI & CHI KUNG* 9:30-10:30 |
| WIN MOVE 9:30-10:15 |
| CICLO INDOOR 9:30-10:15 |
| SUSPENSIÓN 9:30-10:00 |
| NATACIÓN CORRECTIVA 9:45-10:30 |
| ABDOMEN 10:15-11:00 |
| QUEMAGRASA 10:30-11:15 |
| TOTAL FITNESS 11:30-12:15 |
| YOGA /TEC.RELAJ* 10:45-12:15 |
| CICLO INDOOR 14:30-15:15 |

MIÉRCOLES

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| CICLO INDOOR 7:30-8:15 |
| AQUAGYM 8:15-9:00 |
| AQUAGYM 9:00-9:00 |
| NATACIÓN 9:00-9:45 |
| ABDOMEN 9:15-9:45 |
| WIN POWER 9:30-10:15 |
| PILATES 9:30-10:15 |
| AQUA PILATES 9:45-10:30 |
| CICLO INDOOR 10:00-10:45 |
| GAP 10:30-11:15 |
| PILATES 10:30-11:15 |
| BAILES LATINOS* 10:30-12:00 |
| AQUAGYM 11:15-12:00 |
| WIN MOVE 11:30-12:15 |
| AQUA TAI CHI KUNG* 12:00-12:45 |

JUEVES

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| NATACIÓN 8:15-9:00 |
| AQUAGYM 8:15-9:00 |
| YOGA DINÁMICO* 8:30-9:15 |
| AQUAGYM 9:00-9:45 |
| TAI CHI & CHI KUNG* 9:30-10:30 |
| QUEMAGRASA 9:30-10:15 |
| CICLO INDOOR 9:30-10:15 |
| SUSPENSIÓN 9:30-10:00 |
| NATACIÓN CORRECTIVA 9:45-10:30 |
| ABDOMEN 10:15-11:00 |
| WIN MOVE 10:30-11:15 |
| YOGA /TEC.RELAJ* 10:45-12:15 |
| AQUA YOGA* 12:30-13:15 |
| CICLO INDOOR 14:30-15:15 |

VIERNES

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| CICLO INDOOR 7:30-8:15 |
| AQUAGYM 8:15-9:00 |
| NATACIÓN 8:15-9:00 |
| AQUAGYM 9:00-9:45 |
| NATACIÓN 9:00-9:45 |
| GAP 9:30-10:15 |
| PILATES 9:30-10:15 |
| AQUA PILATES 9:45-10:30 |
| CICLO INDOOR 10:00-10:45 |
| WIN FIT 10:30-11:15 |
| SEVILLANAS/FLAMENCO* 10:30-11:30 |
| SEVILLANAS/FLAMENCO* 11:30-12:30 |
| WIN POWER 11:30-12:15 |

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| CICLO INDOOR 18:15-19:00 |
| PILATES 18:30-19:15 |
| NATACIÓN CORRECTIVA 19:00-19:45 |
| CICLO INDOOR 19:30-20:15 |
| WIN POWER 19:30-20:15 |
| ABDOMEN 19:30-20:00 |
| AQUAGYM 19:45-20:30 |
| NATACIÓN 19:45-20:30 |
| YOGA /TEC.RELAJ* 19:45-21:15 |
| SUSPENSIÓN 20:15-20:45 |
| WIN MOVE 20:30-21:15 |
| CICLO INDOOR 20:45-21:30 |
| TEAM Kung Fu/Sanda* 21:00-22:15 |
| GAP 21:30-22:15 |
| PILATES 21:30-22:15 |

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| TOTAL FITNESS 18:30-19:15 |
| CICLO INDOOR 18:45-19:30 |
| QUEMAGRASA 19:30-20:15 |
| PILATES 19:30-20:15 |
| AQUAGYM 19:45-20:30 |
| ABDOMEN 19:45-20:30 |
| CICLO INDOOR 20:00-20:45 |
| WIN POWER 20:30-21:15 |
| AQUA PILATES 20:30-21:15 |
| NATACIÓN 20:30-21:15 |
| TEAM BJJ/Grappling* 20:30-22:00 |
| B.LATÍNOS INICIACIÓN* 20:45-21:30 |
| BAILES LATINOS* 21:30-22:15 |
| WIN MOVE 21:30-22:15 |

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| CICLO INDOOR 18:15-19:00 |
| PILATES 18:30-19:15 |
| NATACIÓN CORRECTIVA 19:00-19:45 |
| TAI CHI y CHI KUNG* 19:30-20:15 |
| GAP 19:30-20:15 |
| CICLO INDOOR 19:30-20:15 |
| ABDOMEN 19:30-20:00 |
| NATACIÓN 19:45-20:30 |
| AQUAGYM 19:45-20:30 |
| SUSPENSIÓN 20:15-20:45 |
| YOGA /TEC.RELAJ* 20:30-22:00 |
| TOTAL FITNESS 20:30-21:15 |
| TEAM Kung Fu/Sanda 21:00-22:15 |
| CICLO INDOOR 20:45-21:30 |
| PILATES 21:30-22:15 |

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| WIN FIT 18:30-19:15 |
| CICLO INDOOR 18:45-19:30 |
| AQUA TAI CHI KUNG* 19:00-19:45 |
| PILATES 19:30-20:15 |
| QUEMAGRASA 19:30-20:15 |
| AQUAGYM 19:45-20:30 |
| ABDOMEN 19:45-20:30 |
| CICLO INDOOR 20:00-20:45 |
| WIN MOVE 20:30-21:15 |
| TEAM Kung Fu/Sanda* 20:30-22:00 |
| NATACIÓN 20:30-21:15 |
| B.LATÍNOS INICIACIÓN* 20:45-21:30 |
| BAILES LATINOS* 21:30-22:15 |
| WIN POWER 21:30-22:15 |

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| TEAM Judo* 17:15-18:15 |
| WIN POWER 18:30-19:15 |
| TAI CHI y CHI KUNG* 18:30-19:30 |
| WIN MOVE 19:30-20:15 |
| CICLO INDOOR 19:30-20:15 |
| PILATES 19:45-20:30 |
| AQUAGYM 19:45-20:30 |
| NATACIÓN 19:45-20:30 |
| NATACIÓN 20:30-21:15 |
| TEAM BJJ/Grappling* 20:45-22:15 |

SÁBADO

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| CICLO INDOOR 9:15-10:00 |
| AQUAGYM 9:15-10:00 |
| GAP 10:15-11:00 |
| WIN MOVE 11:15-12:00 |
| CICLO INDOOR 11:30-12:15 |

Acceso a clases del Sábado válido con abono completo y abono reducido.

*Talleres con plazas limitadas, sujetas a disponibilidad de monitor/a titular del taller.

Horario válido desde el 14/04/2021 hasta el 27/06/2021, sujeto a posibles modificaciones previo aviso.