

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	S3 45' CICLO INDOOR LEANDRO	S3 VIRTUAL CICLO INDOOR C.VIRTUAL	S3 45' CICLO INDOOR LEANDRO	S3 VIRTUAL CICLO INDOOR C.VIRTUAL	S3 45' CICLO INDOOR ISMAEL		
07:15		PS TRIATLON ANDREU		PS TRIATLON ANDREU			
08:00		S8 TRX 30' EMILIO		S8 TRX 30' EMILIO			
09:00	S2 GIMNASIA ACTIVA SONIA	S1 GIMNASIA ACTIVA SONIA		S1 GIMNASIA ACTIVA SONIA			
09:00	S5 PILATES MATWORK ELENA	S5 PILATES MATWORK ELENA	S5 ESPALDA ESCUELA SONIA	S5 PILATES MATWORK ELENA	S5 PILATES MATWORK ELENA		
09:30	S1 DANCE (1h, 15m) LEANDRO	S2 FUNCTIONAL TRAINING SILVIA	S2 TOTAL TRAINING EMILIO	S2 FUNCTIONAL TRAINING (45m) EMILIO	S2 TOTAL TRAINING ISMAEL		
09:30	PS RUNNING AGUA DANI D.		PS CIRCUIT AGUA AURORA		PS RUNNING AGUA DANI D.		
09:30	S6 REFORMER PILATES (BONOS) SILVIA		S1 DANCE IT SILVIA	S7 STEP SILVIA	S6 REFORMER PILATES (BONOS) SILVIA		
09:30	S3 CICLO INDOOR C.VIRTUAL						
10:00		S6 REFORMER PILATES (BONOS) TERE		S6 REFORMER PILATES (BONOS) TERE	S4 YOGA HATHA (1h15m) GISELLE	S4 YOGA HATHA (1h15m) GISELLE	
10:15	S5 ESPALDA ESCUELA SONIA		S5 ESPALDA ESCUELA SONIA	S5 ESPALDA ESCUELA SONIA			
10:30	S2 PUMP BODY PABLO		S2 PUMP BODY PABLO	S2 COMBAT BODY LEANDRO	S6 REFORMER PILATES (BONOS) SILVIA		
10:30	S4 YOGA HATHA (1h15m) GISELLE						
10:30	S6 REFORMER PILATES (BONOS) SILVIA	S1 BALANCE BODY PABLO	S6 REFORMER PILATES (BONOS) SILVIA		S1 BALANCE BODY PABLO		
10:30		S3 CICLO INDOOR LEANDRO	S3 CICLO INDOOR LEANDRO	S3 CICLO INDOOR PABLO	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR JOSÉ LUIS	S3 CICLO INDOOR LEANDRO
10:30							
11:00		S6 REFORMER PILATES (BONOS) SILVIA		S6 REFORMER PILATES (BONOS) SILVIA			
11:30						S2 PUMP BODY JOSÉ LUIS	S2 TOTAL TRAINING LEANDRO
12:00						S1 ZUMBA (1h 30m) LINA	
12:00						S3 VIRTUAL CICLO INDOOR C.VIRTUAL	S3 VIRTUAL CICLO INDOOR C.VIRTUAL
12:40						S2 30' ABD JOSÉ LUIS	
13:00							
14:15		PS NADADOR CLUB CARLOS P.		PS NADADOR CLUB AURORA			
14:30		S2 CIRCUIT TRAINING ISMAEL					
14:30	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR ANA	S3 CICLO INDOOR JOSÉ LUIS	S3 CICLO INDOOR ISMAEL	S5 BALANCE BODY SILVIA		
14:30	OUT CLUB CORREDOR TERESA		OUT CLUB CORREDOR TERESA	S2 PUMP BODY JOSÉ LUIS			
14:30	S1 COMBAT BODY (45m) SILVIA	S5 BALANCE BODY PABLO					
14:30		S6 REFORMER PILATES (BONOS) SILVIA	S4 YOGA FANI	S6 REFORMER PILATES (BONOS) SILVIA			
15:30							

LEYENDA

coreográficas	reformer bonos
alta intensidad	tonificación
acuáticas	terapéuticas
aeróbicas	tarificación adicional
	cuerpo y mente

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
17:30	SA KARATE INFANTIL FERNANDO M.		SA KARATE INFANTIL FERNANDO M.				
17:30	S5 HIPOPRESIVOS ABDOMINALES (30m) FANI						
18:00	S2 30' GAP ISMAEL			S1 STEP LEANDRO			
18:00	S1 FS RITMOS LEANDRO	S6 REFORMER PILATES (BONOS) FANI		S2 45' PUMP BODY JOSÉ LUIS			
18:00	S6 REFORMER PILATES (BONOS) FANI						
18:30			S3 VIRTUAL CICLO INDOOR		S2 TRAINING FUNCTIONAL JOSÉ LUIS		
18:30	SA KARATE JUVENIL FERNANDO M.		SA KARATE JUVENIL FERNANDO M.		PS KARATE JUVENIL FERNANDO M.		
18:30	S2 30' ABD ISMAEL	S2 EXTREME TRAINING ISMAEL			S6 BALANCE BODY ANA		
18:45				S2 45' EXTREME TRAINING ISMAEL			
19:00	PS AQUAFIT ANDREA	S3 CICLO INDOOR JOSÉ LUIS	PS RUNNING AGUA CARLOS P.	S7 DANCE IT LEANDRO			
19:00	S2 FUNCTIONAL TRAINING ISMAEL	S6 REFORMER PILATES (BONOS) FANI	S2 PUMP BODY ANA	S1 COMBAT BODY ANA			
19:00	S5 PILATES MATWORK FANI	S5 PILATES MATWORK ANDRÉS	S1 30' GAP ISMAEL	S5 PILATES MATWORK ELENA			
19:00	S1 COMBAT BODY ANA	S4 HATHA YOGA JORGE	S5 BALANCE BODY FANI	S4 HATHA YOGA JORGE			
19:00		S1 ZUMBA ANA		S3 VIRTUAL CICLO INDOOR			
19:00	S3 CICLO INDOOR LEANDRO			OUT TRIATLON ANDREU	S1 ZUMBA TH 30M ELENA		
19:30	SA KARATE ADULTOS (1H30M) FERNANDO M.		SA KARATE ADULTOS (1H30M) FERNANDO M.		SA KARATE ADULTOS (1H30M) FERNANDO M.		
19:30					S3 CICLO INDOOR ANDRÉS		
19:30		SA BOXEO ISMAEL	S1 30' ABD ISMAEL	SA MUAYTHAI ISMAEL	S2 COMBAT TOTAL JOSÉ LUIS		
19:45	PS TRIATLON ANDREU		PS TRIATLON ANDREU				
20:00	S3 CICLO INDOOR ANA	S3 CICLO INDOOR VIRTUAL	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR ANA			
20:00	S6 REFORMER PILATES (BONOS) FANI	S6 REFORMER PILATES (BONOS) FANI	S6 REFORMER PILATES (BONOS) FANI	PS AQUAFIT LIDIA			
20:00		PS AQUAFIT Joaquín	S1 ZUMBA (1H) LINA	S2 PUMP BODY LEANDRO			
20:00		S2 PUMP BODY JOSÉ LUIS	S5 PILATES MATWORK ELENA	S4 POWER YOGA JORGE			
20:00		S1 COMBAT BODY ANA	S2 COMBAT TOTAL JOSÉ LUIS				
20:00	S1 ZUMBA LINA	S5 PILATES MATWORK ANDRÉS					
20:00		S4 POWER YOGA JORGE					
20:15							
20:30							
21:00	S5 PILATES MATWORK FANI		S5 PILATES MATWORK FANI				

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coreográficas	reformer bonos
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	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	S3 FS CROSS	S3 FS CROSS	S3 FS CROSS	S3 FS CROSS	S3 FS CROSS		
07:15	S3 OPEN CROSS	S3 OPEN CROSS	S3 OPEN CROSS	S3 OPEN CROSS	S3 OPEN CROSS		
09:30	S3 JOURNEY FS CROSS + OPEN	S3 FS CROSS + OPEN CROSS	S3 FS CROSS + OPEN CROSS	S3 JOURNEY FS CROSS + OPEN	S3 FS CROSS + OPEN CROSS		
10:00						S3 JOURNEY FS CROSS + OPEN	
10:30							
11:00						S3 FS CROSS	
12:00						S3 FS CROSS + OPEN CROSS	
14:30	S3 OPEN CROSS	S3 OPEN CROSS	S3 OPEN CROSS	S3 OPEN CROSS	S3 OPEN CROSS		
14:30	S3 FS CROSS	S3 FS CROSS	S3 FS CROSS	S3 FS CROSS	S3 FS CROSS		
17:30		S3 JOURNEY FS CROSS + OPEN	S3 JOURNEY FS CROSS + OPEN				
18:30	S3 FS CROSS + OPEN CROSS	S3 FS CROSS + OPEN CROSS	S3 GYMNASTICS FS CROSS + OPEN	S3 FS CROSS + OPEN CROSS	S3 WEIGHTLIFTING FS CROSS + OPEN		
19:30	S3 FS CROSS RX	S3 FS CROSS RX	S3 FS CROSS RX	S3 FS CROSS RX	S3 FS CROSS + OPEN CROSS		
20:30	S3 FS CROSS	S3 GYMNASTICS FS CROSS + OPEN	S3 FS CROSS	S3 FS CROSS			
20:30	S3 OPEN CROSS	S3 OPEN CROSS	S3 OPEN CROSS	S3 OPEN CROSS			

FUERZA FLEXIBILIDAD
RESISTENCIA
 VELOCIDAD | EQUILIBRIO | COORDINACIÓN
AGILIDAD Y POTENCIA