

|       | LUNES                                | MARTES                                 | MIÉRCOLES                         | JUEVES                                     | VIERNES                                | SÁBADO                                  | DOMINGO                                |
|-------|--------------------------------------|----------------------------------------|-----------------------------------|--------------------------------------------|----------------------------------------|-----------------------------------------|----------------------------------------|
| 07:15 | S3 45' CICLO<br>INDOOR   JUAN CARLOS | S3 VIRTUAL<br>CICLO INDOOR   C.VIRTUAL | S3 45' CICLO<br>INDOOR   ANA      | S3 45' CICLO<br>INDOOR   JUAN CARLOS       | S3 45' CICLO<br>INDOOR   ISMAEL        |                                         |                                        |
| 08:00 |                                      | S8 TRX 30'<br>JUAN CARLOS              | S1 GUN-EX<br>30'   JUAN CARLOS    | S8 TRX 30'<br>JUAN CARLOS                  |                                        |                                         |                                        |
| 08:30 | S2 GIMNASIA<br>ACTIVA 45'   SONIA    |                                        |                                   | S2 GIMNASIA<br>ACTIVA 45'   SONIA          |                                        |                                         |                                        |
| 09:00 | S5 PILATES<br>MATWORK   ELENA        | S5 PILATES<br>MATWORK   ELENA          | S1 ESPALDA<br>SANA   SONIA        | S5 PILATES<br>MATWORK   ELENA              | S5 PILATES<br>MATWORK   ELENA          |                                         |                                        |
| 09:15 | S1 GIMNASIA<br>ACTIVA 45'   SONIA    | S2 GIMNASIA<br>ACTIVA   SONIA          |                                   | S2 GIMNASIA<br>ACTIVA 45'   SONIA          |                                        |                                         |                                        |
| 09:30 | S2 FUNCTIONAL<br>TRAINING   ANA      | S1 DANCE IT<br>ANA                     | S2 TOTAL<br>TRAINING   ANA        | BOX FUNCTIONAL<br>TRAINING (45min)   PABLO | S2 TOTAL<br>TRAINING   ISMAEL          |                                         |                                        |
| 09:30 | PS RUNNING<br>AGUA   DANI, O         | S4 HIPOPRESIVOS<br>ABS (30min)   INÉS  | PS CIRCUIT<br>AGUA   CARLOS       |                                            | PS RUNNING<br>AGUA   LUCIA             |                                         |                                        |
| 09:30 | S6 REFORMER<br>PILATES BONOS INÉS    | SA DEFENSA<br>1H 30'   FERNANDO M      |                                   | SA DEFENSA<br>1H 30'   FERNANDO M          | S6 REFORMER<br>PILATES BONOS INÉS      |                                         |                                        |
| 09:30 | S3 CICLO<br>INDOOR   C.VIRTUAL       |                                        | S6 REFORMER<br>PILATES BONOS INÉS | S1 DANCE IT<br>ANA                         |                                        |                                         |                                        |
| 10:00 | S4 YOGA<br>HATHA   REBECA            | S6 REFORMER<br>PILATES BONOS TERE      |                                   | S6 REFORMER<br>PILATES BONOS INÉS          | S4 YOGA<br>HATHA   CAROLA              | S5 YOGA<br>HATHA INTENSO 90'   IGISELLE |                                        |
| 10:15 | S5 ESPALDA<br>ESCUELA   SONIA        | S7 BARRE<br>40'   INÉS                 | S1 ESPALDA<br>SANA   SONIA        | S5 ESPALDA<br>ESCUELA   SONIA              |                                        |                                         |                                        |
| 10:30 | S2 PUMP<br>BODY   PABLO              | S2 GIMNASIA<br>ACTIVA   SONIA          | S2 PUMP<br>BODY   PABLO           | S2 GUN-EX<br>45'   ANA                     |                                        |                                         |                                        |
| 10:30 | S6 REFORMER<br>PILATES BONOS INÉS    | S1 BALANCE<br>BODY   PABLO             | S6 REFORMER<br>PILATES BONOS INÉS |                                            | S1 BALANCE<br>BODY   PABLO             |                                         |                                        |
| 10:30 |                                      | S3 CICLO<br>INDOOR   JUAN CARLOS       | S3 CICLO<br>INDOOR   ANA          | S3 CICLO<br>INDOOR   PABLO                 | S3 CICLO<br>INDOOR   ISMAEL            | S3 CICLO<br>INDOOR   EDUARDO            | S3 CICLO<br>INDOOR   EDUARDO           |
| 10:40 |                                      |                                        |                                   |                                            | S5 HIPOPRESIVOS<br>ABS (30min)   INÉS  |                                         |                                        |
| 11:00 |                                      | S6 REFORMER<br>PILATES BONOS INÉS      |                                   | S6 REFORMER<br>PILATES BONOS INÉS          |                                        | S1 ZUMBA<br>FITNESS   ANDRÉS            |                                        |
| 11:15 | S5 ESPALDA<br>ESCUELA   SONIA        |                                        |                                   | S5 ESPALDA<br>ESCUELA   SONIA              |                                        |                                         |                                        |
| 11:30 |                                      |                                        |                                   |                                            |                                        | S2 PUMP<br>BODY   EDUARDO               | S2 TOTAL<br>TRAINING   EDUARDO         |
| 12:00 |                                      |                                        |                                   |                                            |                                        | S1 ZUMBA<br>FITNESS   ANDRÉS            |                                        |
| 12:00 |                                      |                                        |                                   |                                            |                                        | S3 VIRTUAL<br>CICLO INDOOR   C.VIRTUAL  | S3 VIRTUAL<br>CICLO INDOOR   C.VIRTUAL |
| 12:30 |                                      |                                        |                                   |                                            |                                        |                                         |                                        |
| 12:40 |                                      |                                        |                                   |                                            |                                        | S2 30" ABD<br>AMALIA                    |                                        |
| 14:00 | S2 30' ABD<br>ISMAEL                 | S6 REFORMER<br>PILATES BONOS DANI      | S2 30' ABD<br>ISMAEL              |                                            |                                        |                                         |                                        |
| 14:15 | PS TRIATLON<br>1H 30'                |                                        | PS TRIATLON<br>1H 30'             | OUT TRIATLON<br>ATLETISMO 1H 30' TERE      |                                        |                                         |                                        |
| 14:15 |                                      | PS NADADOR<br>CLUB   CARLOS            |                                   | PS NADADOR<br>CLUB   DANI, M               |                                        |                                         |                                        |
| 14:30 | S3 CICLO<br>INDOOR   ISMAEL          | S3 CICLO<br>INDOOR   ANA               | S3 CICLO<br>INDOOR   ISMAEL       | S3 CICLO<br>INDOOR   ISMAEL                | S2 BALANCE<br>BODY   VIRTUAL           |                                         |                                        |
| 14:30 | OUT CLUB CORREDOR<br>TERESA          | S2 CIRCUIT<br>TRAINING   ISMAEL        | OUT CLUB CORREDOR<br>TERESA       | S2 PUMP<br>BODY   ANA                      | S3 VIRTUAL<br>CICLO INDOOR   C.VIRTUAL |                                         |                                        |
| 14:30 | S1 COMBAT<br>BODY   ANA              |                                        | S4 YOGA<br>PANI                   |                                            | S1 CIRCUIT<br>RITUAL   FERNANDO        |                                         |                                        |
| 15:30 |                                      |                                        |                                   |                                            | PS TRIATLON<br>1H 30'                  |                                         |                                        |
| 15:30 |                                      |                                        |                                   |                                            | S3 VIRTUAL<br>CICLO INDOOR   C.VIRTUAL |                                         |                                        |

#### LEYENDA

|                 |                          |
|-----------------|--------------------------|
| Coreográficas   | Reformer bonos           |
| Alta intensidad | Tonificación             |
| Acuáticas       | Terapéuticas             |
| Aeróbicas       | Tarifificación adicional |
|                 | Cuerpo y mente           |

|       | LUNES                                     | MARTES                              | MIÉRCOLES                              | JUEVES                              | VIERNES                              | SÁBADO | DOMINGO |
|-------|-------------------------------------------|-------------------------------------|----------------------------------------|-------------------------------------|--------------------------------------|--------|---------|
| 17:30 | SA KÁRATE<br>INFANTIL   FERNANDO M        |                                     | SA KÁRATE<br>INFANTIL   FERNANDO M     |                                     |                                      |        |         |
| 17:30 | S5 HIPOPRESIVOS<br>ABDOMINALES (30m) FANI |                                     |                                        |                                     |                                      |        |         |
| 18:00 | S2 30' GAP<br>AMAIA                       | S3 VIRTUAL<br>CICLO INDOOR          |                                        | S1 FS RITMOS<br>JEIKO               |                                      |        |         |
| 18:00 | S1 FS RITMOS<br>ANA                       | S6 REFORMER<br>PILATES BONOS   FANI |                                        | S2 30' GAP<br>HIIT   FERNANDO       |                                      |        |         |
| 18:00 | S6 REFORMER<br>PILATES BONOS   FANI       |                                     | S2 GUN-EX<br>45'   AMAIA               | S5 HIPOPRESIVOS<br>(45') INÉS       |                                      |        |         |
| 18:30 |                                           |                                     |                                        |                                     | S2 TRAINING<br>FUNCTIONAL   FERNANDO |        |         |
| 18:30 | SA KÁRATE<br>JUVENIL   FERNANDO M         |                                     | SA KÁRATE<br>JUVENIL   FERNANDO M      |                                     | SA KÁRATE<br>JUVENIL   FERNANDO M    |        |         |
| 18:30 | S2 30' ABD<br>AMAIA                       |                                     |                                        | S2 30' ABD<br>FERNANDO              | S5 BALANCE<br>MOBILITY   EDUARDO     |        |         |
| 18:30 |                                           |                                     |                                        |                                     |                                      |        |         |
| 19:00 | PS AQUAFIT<br>CARLOS                      | S3 CICLO<br>INDOOR   ISMAEL         | PS RUNNING<br>AGUA   HORACIO           | S1 ZUMBA<br>JEIKO                   |                                      |        |         |
| 19:00 | S2 FUNCTIONAL<br>TRAINING   ISMAEL        | S6 REFORMER<br>PILATES BONOS FANI   | S2 PUMP<br>BODY   ADRIÁN               | S6 REFORMER<br>PILATES BONOS   INÉS |                                      |        |         |
| 19:00 | S5 PILATES<br>MATWORK   FANI              | S5 PILATES<br>MATWORK   SONIA       | S1 30' GAP<br>BODY   AMAIA             | S5 PILATES<br>MATWORK   ELENA       |                                      |        |         |
| 19:00 | S1 COMBAT<br>BODY   ANA                   | S2 EXTREME<br>TRAINING   ADRIÁN     | S5 BALANCE<br>BODY   FANI              | S2 EXTREME<br>TRAINING   AMAIA      |                                      |        |         |
| 19:00 | S4 HATHA<br>YOGA   GISELLE                | S1 ZUMBA<br>ANA                     | S3 CICLO<br>INDOOR   ISMAEL            | S3 CICLO<br>INDOOR   ISMAEL         |                                      |        |         |
| 19:00 | S3 CICLO<br>INDOOR   ADRIÁN               |                                     | S4 VINYASA<br>YOGA   GISELLE           | OUT TRIATLON                        | S1 ZUMBA<br>TH 30M   LINA            |        |         |
| 19:30 | SA KÁRATE<br>ADULTOS   FERNANDO M         |                                     | SA KÁRATE<br>ADULTOS   FERNANDO M      |                                     | SA KÁRATE<br>ADULTOS   FERNANDO M    |        |         |
| 19:30 |                                           |                                     |                                        |                                     | S3 CICLO<br>INDOOR   FERNANDO        |        |         |
| 19:30 |                                           |                                     | S1 30' ABD<br>BODY   AMAIA             |                                     | S2 45' GLUTE<br>HIIT   EDUARDO       |        |         |
| 19:45 | PS TRIATLON                               |                                     | PS TRIATLON                            |                                     |                                      |        |         |
| 20:00 | S3 CICLO<br>INDOOR   ADRIÁN               | S3 CICLO<br>INDOOR   AMAIA          | S3 CICLO<br>INDOOR   FERNANDO          | S3 CICLO<br>INDOOR   FERNANDO       |                                      |        |         |
| 20:00 | S5 HIPOPRESIVOS<br>ABDOMINALES 45' FANI   | S7 BALANCE<br>BODY   FANI           | S6 REFORMER<br>PILATES BONOS FANI      | PS AQUAFIT<br>MIGUEL                |                                      |        |         |
| 20:00 | S4 VINYASA<br>YOGA 90'   GISELLE          | PS AQUAFIT<br>EMILIO                | S1 ZUMBA<br>(TH) LINA                  | S2 PUMP<br>BODY   AMAIA             |                                      |        |         |
| 20:00 | S2 PUMP<br>BODY   AMAIA                   | S2 PUMP<br>BODY   ADRIÁN            | S5 PILATES<br>MATWORK   ELENA          | SA MUAYTHAI<br>ISMAEL               |                                      |        |         |
| 20:00 |                                           | SA BOXEO<br>ISMAEL                  | S2 COMBAT<br>BODY   ADRIÁN             | S6 REFORMER<br>PILATES BONOS   INÉS |                                      |        |         |
| 20:00 | S1 ZUMBA<br>LINA                          | S5 PILATES<br>MATWORK   SONIA       | S4 HATHA<br>YOGA INTENSO 90'   GISELLE |                                     |                                      |        |         |
| 20:00 |                                           | S1 COMBAT<br>BODY   ANA             |                                        |                                     |                                      |        |         |
| 20:15 |                                           |                                     |                                        |                                     |                                      |        |         |
| 20:30 |                                           |                                     |                                        |                                     |                                      |        |         |
| 21:00 | S5 PILATES<br>MATWORK   FANI              |                                     | S5 PILATES<br>MATWORK   FANI           |                                     |                                      |        |         |

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|                 |                             |
|-----------------|-----------------------------|
| Coreográficas   | Reformer<br>bonos           |
| Alta intensidad | Tonificación                |
| Acuáticas       | Terapéuticas                |
| Aeróbicas       | Tarifificación<br>adicional |
|                 | Cuerpo y mente              |

|       | LUNES                             | MARTES                            | MIÉRCOLES                         | JUEVES                            | VIERNES                              | SÁBADO                       | DOMINGO |
|-------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------------------------------|------------------------------|---------|
| 07:15 | BOX FS CROSS<br>+ OPEN CROSS      | BOX FS CROSS<br>+ OPEN CROSS      | BOX FS CROSS<br>+ OPEN CROSS      | BOX FS CROSS<br>+ OPEN CROSS      | BOX FS CROSS<br>+ OPEN CROSS         |                              |         |
| 08:30 | BOX FS CROSS<br>+ OPEN CROSS      | BOX FS CROSS<br>+ OPEN CROSS      | BOX FS CROSS<br>+ OPEN CROSS      | BOX FS CROSS                      | BOX FS CROSS<br>+ OPEN CROSS         |                              |         |
| 09:30 |                                   |                                   |                                   |                                   |                                      |                              |         |
| 10:00 |                                   |                                   |                                   |                                   |                                      | BOX FS CROSS                 |         |
| 10:30 |                                   |                                   |                                   |                                   |                                      |                              |         |
| 11:00 |                                   |                                   |                                   |                                   |                                      | BOX FS CROSS<br>+ OPEN CROSS |         |
| 12:00 |                                   |                                   |                                   |                                   |                                      |                              |         |
| 14:30 | BOX OPEN CROSS                    | BOX OPEN CROSS                    | BOX OPEN CROSS                    | BOX GYMNASTICS<br>FS CROSS + OPEN | BOX OPEN CROSS                       |                              |         |
| 14:30 | BOX FS CROSS                      | BOX FS CROSS                      | BOX FS CROSS                      |                                   | BOX FS CROSS                         |                              |         |
| 17:30 | BOX OPEN CROSS                    | BOX OPEN CROSS                    | BOX OPEN CROSS                    |                                   |                                      |                              |         |
| 18:30 | BOX FS CROSS<br>+ OPEN CROSS      | BOX FS CROSS<br>+ OPEN CROSS      | BOX FS CROSS<br>+ OPEN CROSS      | BOX FS CROSS<br>+ OPEN CROSS      | BOX WEIGHTLIFTING<br>FS CROSS + OPEN |                              |         |
| 19:30 | BOX FS CROSS<br>RX I + OPEN CROSS | BOX FS CROSS<br>RX I + OPEN CROSS | BOX FS CROSS<br>RX I + OPEN CROSS | BOX FS CROSS<br>RX I + OPEN CROSS | BOX FS CROSS<br>+ OPEN CROSS         |                              |         |
| 20:30 | BOX FS CROSS                      |                                   | BOX FS CROSS                      | BOX FS CROSS                      |                                      |                              |         |
| 20:30 | BOX OPEN CROSS                    |                                   | BOX OPEN CROSS                    | BOX OPEN CROSS                    |                                      |                              |         |

**FUERZA** FLEXIBILIDAD  
**RESISTENCIA**  
VELOCIDAD | EQUILIBRIO | COORDINACIÓN  
**AGILIDAD Y POTENCIA**