

# Sala 1

ENTRADA EN VIGOR 1/01/2018

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SABADO
09:15	LES MILLS BODYBALANCE		Q ZUMBA			Q ZUMBA
09:30		LES MILLS BODYCOMBAT	Q RUN EXTERIORES CENTRO	Q GAP	LES MILLS BODYPUMP	
10:15						Q FITNESS YOGA
10:30		Q CORE EXPRESS 30'		Q HipoCore EXPRESS 30'	Q FITBALL	
15:30	Q PILATES	LES MILLS BODYBALANCE	Q FITBALL	Q ZUMBA	Q PILATES	
18:15	LES MILLS BODYPUMP		Q ZUMBA			
18:30		Q GLOBAL TRAINING		Q PILATES INICIACION	Q STEP	
19:15	LES MILLS BODYCOMBAT		LES MILLS BODYPUMP			
19:30		Q PILATES AVANZADO		Q GAP		
20:15	Q ZUMBA		Q CORE EXPRESS 30'			
20:30		Q YOGA		Q YOGA		
21:30				Q BAILES EN LINEA		

# Sala 2

	LUNES	MARTES	MIERC.	JUEVES	VIERNES
09:30					Q PILATES
10:30					Q STRETCHING EXPRESS 30'
19:00	Q YOGA		Q YOGA		
20:00	Q YOGA		Q YOGA		

# Sala Fitness

	LUNES	MARTES	MIERC.	JUEVES	VIERNES
10:30	Q FUNCTIONAL		Q FUNCTIONAL		
14:30		Q FUNCTIONAL		Q FUNCTIONAL	
19:30		Q FUNCTIONAL		Q FUNCTIONAL	

# Piscina

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	DOMNG
09:30	AQAEROBIC	AQAFITNESS	AQAFITNESS	AQAEROBIC	AQAFITNESS	
10:15		AQAEROBIC	AQASALUD	AQAFITNESS	AQASALUD	
11:00						AQAFITNESS
11:45						AQAEROBIC
14:45	AQAFITNESS		AQASALUD			
15:15		AQAEROBIC		AQAFITNESS	AQAEROBIC	
18:45	AQAFITNESS	AQAEROBIC	AQAEROBIC	AQAFITNESS	AQAFITNESS	
19:30	AQAEROBIC	AQAFITNESS	AQASALUD	AQAEROBIC	AQAEROBIC	
19:45	Q NATACION		Q NATACION			
20:30	AQASALUD	AQAEROBIC	AQAFITNESS	AQAFITNESS		

# Sala 1

ENTRADA EN VIGOR 1/01/2018

	LUNES	MARTES	MIERC.	JUEVES	VIERNES
09:30					
10:30					
15:30					
16:00					
16:30					
18:30					
19:00					
19:30					
20:00					
20:45					

# Sala Bike

	LUNES	MARTES	MIERC.	JUEVES	VIERNES
09:30					
15:30					
19:15					
19:30					
20:00					
20:15					

# Sala Fitness

	LUNES	MARTES	MIERC.	JUEVES	VIERNES
09:30					
19:00					

# Sala A

ENTRADA EN VIGOR 1/01/2018

	LUNES	MARTES	MIERC.	JUEVES	VIERNES
09:00		YOGA AVANZADO	PUMP	YOGA INICIACION	PUMP
10:00	GLOBAL TRAINING	YOGA INICIACION	ZUMBA	YOGA AVANZADO	GAP
11:00	DANZA DEL VIENTRE	TAICHI	PILATES	TAICHI	HipoCore EXPRESS 30 DANZA DEL VIENTRE
11:30					
15:30		PILATES		PILATES	
18:30	PUMP	ESTILOS	COMBAT	COMBAT	CROSSFIT
19:30	ZUMBA		CROSSFIT	YOGA	PUMP
20:00		YOGA			
20:30	BALANCE			GAP	

# Sala Fitness

	LUNES	MARTES	MIERC.	JUEVES	VIERNES
10:00		AXIS 360		AXIS 360	

# Piscina

	LUNES	MARTES	MIERC.	JUEVES	VIERNES
08:00	AQAFITNESS	AQAEROBIC	AQAEROBIC	AQAFITNESS	
09:30	AQAEROBIC	AQASALUD	AQAFITNESS	AQASALUD	AQAFITNESS
13:00	AQAFITNESS		AQASALUD		
15:15		AQAEROBIC		AQAFITNESS	
20:00	AQAEROBIC		AQAFITNESS		AQASALUD
20:30		AQAFITNESS		AQAEROBIC	

# Sala A

ENTRADA EN VIGOR 1/01/2018

	LUNES	MARTES	MIERC.	JUEVES	VIERNES
<b>09:30</b>					
<b>09:45</b>					
<b>10:00</b>					
<b>10:30</b>					
<b>11:00</b>					
<b>10:45</b>					
<b>18:30</b>					
<b>19:00</b>					
<b>19:30</b>					
<b>20:00</b>					
<b>20:30</b>					