

Sala 1

ENTRADA EN VIGOR 1/04/2019

| | LUNES | MARTES | MIERC. | JUEVES | VIERNES | SABADO |
|-------|---|---|---|--|---|---|
| 09:15 |  | |  | | |  |
| 09:30 | |  |  |  |  | |
| 10:15 | | | | | |  |
| 10:30 | | | | |  | |
| 15:30 | |  | | | | |
| 18:15 |  | |  | | | |
| 18:30 | |  | |  |  | |
| 19:00 | | | | | | |
| 19:15 |  | |  | | | |
| 19:30 | |  | |  |  | |
| 20:15 |  | | | | | |
| 20:30 | |  | |  | | |

Sala 2

| | LUNES | MARTES | MIERC. | JUEVES | VIERNES |
|-------|---|---|---|--|---|
| 09:30 | |  | |  |  |
| 10:30 | |  | |  | |
| 19:00 |  | |  | | |
| 20:00 |  | |  | | |
| 21:15 | | | |  | |

Sala Fitness

| | LUNES | MARTES | MIERC. | JUEVES | VIERNES |
|-------|---|---|--------|--|---------|
| 10:30 |  | | | | |
| 14:30 | |  | |  | |
| 19:30 | |  | |  | |

Piscina

| | LUNES | MARTES | MIERC. | JUEVES | VIERNES | DOMNG |
|-------|---|---|---|--|---|---|
| 09:30 |  |  |  |  |  | |
| 10:15 | |  |  |  |  | |
| 11:00 | | | | | |  |
| 14:45 |  | |  | | | |
| 15:15 | |  | |  |  | |
| 18:45 |  |  |  |  |  | |
| 19:30 |  |  |  |  |  | |
| 19:45 |  | |  | | | |

Sala 1

ENTRADA EN VIGOR 1/04/2019

| | LUNES | MARTES | MIERC. | JUEVES | VIERNES |
|-------|---|---|--|---|---|
| 09:30 |  PILATES |  PUMP |  BALANCE |  PUMP |  ZUMBA |
| 10:30 |  GLOBAL TRAINING |  FITBALL |  GAP |  CORE EXPRESS 30 |  BALANCE |
| 15:30 |  BALANCE | |  PUMP | |  COMBAT |
| 16:15 | |  ZUMBA | |  PUMP | |
| 16:30 |  PUMP | |  ESTILOS | |  ZUMBA |
| 18:30 | |  ZUMBA | | |  PUMP |
| 18:45 |  BALANCE | | | | |
| 19:00 | | |  PILATES |  GAP | |
| 19:30 | |  PUMP | |  RUN EXTERIORES CENTRO |  PILATES |
| 20:00 |  CROSSFIT | |  CROSSFIT |  COMBAT | |
| 20:45 | | | | |  BAILES EN LINEA |

Sala Bike

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

Sala Fitness

| | LUNES | MARTES | MIERC. | JUEVES | VIERNES |
|-------|--|--------|--|--------|--|
| 09:30 |  CROSSFIT | |  CROSSFIT | | |
| 17:30 | | | | |  CROSSFIT |

Sala A












ENTRADA EN VIGOR 1/04/2019

| | LUNES | MARTES | MIERC. | JUEVES | VIERNES |
|-------|---|---|---|---|---|
| 09:00 |  |  |  |  |  |
| 10:00 |  |  |  |  |  |
| 11:00 | |  |  |  | |
| 15:30 | |  | |  | |
| 18:30 |  |  |  |  |  |
| 19:30 |  |  |  |  |  |
| 20:00 | |  | | | |

Sala Fitness

| | LUNES | MARTES | MIERC. | JUEVES | VIERNES |
|-------|-------|---|--------|---|---------|
| 10:00 | |  | |  | |

Piscina

| | LUNES | MARTES | MIERC. | JUEVES | VIERNES |
|-------|---|---|---|---|---|
| 08:00 |  |  |  | | |
| 09:30 |  |  |  |  |  |
| 13:00 |  | |  | | |
| 15:15 | |  | |  | |
| 20:00 |  | |  | |  |
| 20:30 | |  | |  | |

Sala A

ENTRADA EN VIGOR 1/04/2019

| | LUNES | MARTES | MIERC. | JUEVES | VIERNES |
|--------------|---|---|---|--|---|
| 09:30 |  | | | |  |
| 09:45 | |  |  | | |
| 10:00 | | | |  | |
| 10:30 |  | | | |  |
| 10:45 | | |  | | |
| | | | | | |
| 18:00 | | | | | |
| 18:30 |  | |  |  |  |
| 19:00 | | |  | | |
| 19:30 |  |  | |  | |
| 20:00 | | |  | | |