



HORARIO DE ACTIVIDADES

DICIEMBRE 2024



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
7:30H	BIKE VIRTUAL	BIKE	BIKE VIRTUAL	-	BIKE VIRTUAL	BIKE VIRTUAL	SALA 3
8:30H	-	-	-	-	Prep. Bomberos 1h y media	-	SALA 2
8:30H	-	-	Prep. Bomberos 1h y media	-	-	-	PISCINA
8:30H	GLÚTEO BOOM	PILATES	FUNCIONAL-HIIT	FITNESS BAND	CARDIO FITBALL	-	SALA 1
9:30H	ZUMBA	CARDIO STEP/ CARDIO FITBALL	ZUMBA	GLÚTEO BOOM	BODY PUMP	-	SALA 1
9:30H	PILATES	CROSS TRAINING	TRX	PILATES TERAPÉUTICO	TRX	-	SALA 2
9:30H	-	-	-	-	Prep. Bomberos 9:30 A 10	-	PISCINA
9:30H	BIKE	BIKE VIRTUAL	BIKE	BIKE VIRTUAL	BIKE	BIKE	SALA 3
10:30H	BODY COMBAT	BODY BALANCE	BODY PUMP	BODY BALANCE	ZUMBA EXPRESS 30'	BODY PUMP	SALA 1
10:30H	-	-	-	-	-	-	SALA 3
10:30H	-	TRX EXPRESS 30'	-	-	-	-	SALA 2
10:30H	AQUA GYM	AQUA GYM	AQUA HIIT	AQUA DANCE	AQUA GYM	-	PISCINA
11:30H	-	-	-	-	-	AQUA GYM	PISCINA
11:30H	YOGA HATHA BIMYASA	FUNCIONAL HIIT	PILATES BIOMECÁNICO /HIPOPRESIVOS	FITNESS BAND	-	-	SALA 1
12:30H	-	-	GLÚTEO BOOM	ABDOMEN 30'	-	-	SALA 1
16:00H	WOMAN-FIT PREMIUM	WOMAN-FIT PREMIUM	WOMAN-FIT PREMIUM	WOMAN-FIT PREMIUM	WOMAN-FIT PREMIUM	-	SALA 1
17:00H	-	-	-	-	BIKE	-	SALA 3
17:00H	BODY JUMP JUNIOR	ABDOMEN 30'	BODY JUMP	-	CARDIO FITBALL	-	SALA 1
17:00H	TRX	TRX JUNIOR	CROSS TRAINING JUNIOR	FITBALL JUNIOR	-	-	SALA 2
17:00H	NATACIÓN INFANTIL NIVEL 0	NATACIÓN INFANTIL NIVEL 1	NATACIÓN INFANTIL NIVEL 0	NATACIÓN INFANTIL NIVEL 1	-	-	PISCINA
17:30H	-	GLÚTEO BOOM EXPRESS 30'	-	ABDOMEN 30'	-	-	SALA 1
18:00H	BODY PUMP	ZUMBA	BODY PUMP	PILATES BIOMECÁNICO	BODY PUMP	-	SALA 1
18:00H	PILATES	FITNESS BAND	BODY BALANCE	-	BODY BALANCE	-	SALA 2
18:00H	BIKE	BIKE	BIKE	BIKE	-	-	SALA 3
18:00H	-	-	BODY-TONE	BODY-TONE	-	-	SALA FITNESS
18:00H	LUDOTECA AGUA	LUDOTECA AGUA	LUDOTECA AGUA	LUDOTECA AGUA	-	-	PISCINA
19:00H	ZUMBA	BODY PUMP	BODY COMBAT	GLÚTEO BOOM	ZUMBA	-	SALA 1
19:00H	CROSS TRAINING	ABDOMEN 30'	TRX	BODY BALANCE	CROSS TRAINING	-	SALA 2
19:00H	BIKE	BIKE	BIKE	BIKE	BIKE VIRTUAL	-	SALA 3
19:00H	NATACIÓN TERAP.	NATACIÓN ADULTOS	AQUA GYM	AQUA GYM	AQUA GYM	-	PISCINA
19:00H	-	-	BODY-TONE	-	-	-	SALA FITNESS
20:00H	GLÚTEO BOOM	PILATES BIOMECÁNICA	ZUMBA	YOGA HATHA (1H 30')	PILATES	-	SALA 1
20:00H	AQUA GYM	AQUA HIIT	NATACIÓN TERAP.	AQUA CROSS-TRAINING	-	-	PISCINA
20:00H	BODY BALANCE	CROSS TRAINING	SHORINJI KEMPO	TRX	SHORINJI KEMPO	-	SALA 2
20:00H	BIKE VIRTUAL	BIKE	-	BIKE VIRTUAL	BIKE VIRTUAL	-	SALA 3
21:00H	YOGA HATHA (1H 30')	HIIT POWER	RITMOS LATINOS	-	RITMOS LATINOS	-	SALA 1
21:00H	TRX	SHORINJI KEMPO (20:30H)	SHORINJI KEMPO	CIRCUIT EXPLOSIVE	SHORINJI KEMPO	-	SALA 2

FUERZA

RITMO

CARDIO

TERAPÉUTICAS

PISCINA