

Horario de actividades dirigidas

Hora	Viernes	Sábado	Domingo
07.30 - 08.15	CICLO INDOOR		
07.30 - 08.25			
08.00 - 08.45			
09.00 - 09.45	AQUADYNAMIC		
09.30 - 10.15	CROSS INACUA		
09.30 - 10.25			
09.30 - 10.25	YOGA		
09.30 - 10.25			
10.00 - 10.55		ACOND FISICO	ACOND FISICO
10.00 - 10.45	AQUADYNAMIC		
10.30 - 11.25	ZUMBA		
10.30 - 11.25	CICLO INDOOR 55'		
10.30 - 11.25	GIMNASIA SUAVE		
11.00 - 11.50		CICLO INDOOR	CICLO INDOOR
11.30 - 12.25			
11.30 - 11.55			
11.30 - 12.25			
11.00 - 11.45		AQUATONO	
11.30 - 12.25	ESPALDA SANA		
11.30 - 12.25			
11.30 - 12.25	GAP		
12.00 - 12.45	AQUATONO		
12.00 - 12.55		BODY PUMP	GAP
12.00 - 12.45			
13.30 - 14.25			
14.30 - 15.15			
14.30 - 15.15	CROSS INACUA		
14.30 - 15.25			
14.30 - 15.25	CICLO INDOOR 55'		
17.30 - 18.15	CICLO INDOOR VIRTUAL		
17.30 - 18.25			
17.30 - 18.25			
18.00 - 18.55		CICLO INDOOR VIRTUAL	
18.30 - 19.15	AQUADYNAMIC		
18.30 - 19.25	AIKIDO		
18.30 - 19.15	CICLO INDOOR		
18.30 - 19.25	ZUMBA		
18.30 - 19.25			
18.30 - 19.25			
19.30 - 20.15	CICLO INDOOR		
19.30 - 19.55	GRIT		
19.30 - 20.25			
19.15 - 20.00			
19.30 - 20.25	BODY BALANCE		
19.30 - 20.25	GAP		
20.30 - 21.15	CICLO INDOOR		
20.00 - 20.45	AQUADYNAMIC		
20.30 - 20.55			
20.30 - 21.25	BAILES LATINOS		
20.30 - 21.15			
20.30 - 21.25	YOGA		
20.30 - 21.25	BODY PUMP		
21.30 - 22.15	CICLO INDOOR VIRTUAL		
21.30 - 22.25			
21.30 - 22.25			

SALA 1 SALA 2 SALA 3 SALA 4 SALA FITNESS PISCINA EXTERIOR