



| | LUNES | | | | MARTES | | | | MIÉRCOLES | | | | JUEVES | | | | VIERNES | | | SABADO | | | DOMINGO | | | | | | | |
|-------|--|----------------------------|----------------------|-------------------------------|--|-----------------------------|------------------|------------|--------------------------------|------------------------------|--|------------|---------------------------------------|-----------------------------|--|------------|------------------------|---|--|------------------------------|------------|------------------------|--------------------|---------|---------------|-------------------|----------------|--|----------------------------------|--|
| | SALA1 | SALA 2 | SALA 3 | PISCINA | SALA1 | SALA 2 | SALA3 | PISCINA | SALA1 | SALA 2 | SALA 3 | PISCINA | SALA1 | SALA 2 | SALA 3 | PISCINA | SALA1 | SALA 2 | PISCINA | SALA1 | SALA 2 | PISCINA | SALA1 | PISCINA | | | | | | |
| 7:15 | BIKE JESSICA 7:15 | TRX RAMÓN 7:15 | | BAÑO LIBRE | | E.FUNCIONAL RAMÓN 7:15 | | BAÑO LIBRE | BIKE JESSICA 07:15 | BOXTRAINING RAMÓN 7:15 | | BAÑO LIBRE | | BODY CONCEPT RAMÓN 7:15 | | BAÑO LIBRE | BIKE RUBÉN 07:15 | CIRCUIT QUEMA GRASA RAMÓN 7:15 | | BAÑO LIBRE | | | | | | | | | | |
| 7:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 | BIKE JESSICA 9:30 | E.FUNCIONAL RAMÓN 9:30 | | | | POWER CIRCUIT RAMÓN 9:30 | YOGA ANA 9:30 | | | | BIKE JESSICA 09:30 | | BOXTRAINING RAMÓN 09:30 | | AQUAGYM CRISTIAN 09:30 | | ZUMBA LAURA 09:30 | TRX RAMÓN 09:30 | | | BAÑO LIBRE | YOGA LAURA 09:30 | | | AQUAFIT 09:30 | BIKE JOSE 9:30 | | | | |
| 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | TRX | | BIKE ANDRÉS 10:00 FESTIVOS | |
| 10:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | RAMÓN 10:00 | | | |
| 11:00 | | | | | | | | | | | PERSONAL TRAINING (PREVIA RESERVA) RAMÓN | | | | PERSONAL TRAINING (PREVIA RESERVA) RAMÓN | | | | PERSONAL TRAINING (PREVIA RESERVA) RAMÓN | | | | BIKE JOSE 10:30 | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | PERSONAL TRAINING (PREVIA RESERVA) RAMÓN | | | | PERSONAL TRAINING (PREVIA RESERVA) RAMÓN | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | POWER CIRCUIT M.CARMEN 13:30 | | | | | TRX RAMÓN 13:30 | | | | | | | | TRX 13:30 | | | | | | | | | | | | | | | | |
| 14:00 | | | | | BIKE M.CARMEN 14:00 | | | | BIKE RUBÉN 14:00 | | | | BIKE MIGUEL 14:00 | M.CARMEN | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | G.A.P JESSICA 15:30 | E. FUNCIONA RAMÓN 15:30 | | | | TRX RAMÓN 15:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | BAILE ZUMBA LAURA 15:30 | | | | BODY CONCEPT RAMON 15:30 | | | | SALSA/BACHA TA INICIO FIO 15:30 | E. FUNCIONAL RAMÓN 15:30 | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | | | KARATE | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | BIKE LOLA 18:00 | | VASILE 17:30 | BAÑO LIBRE DE 15:00 A19:00 | TONIFI-CACIÓN JESSICA 17:30 | | | | BODY CONCEPT CLARA 18:00 | | | KARATE | BAÑO LIBRE DE 15:00 A19:00 | BAILE ZUMBA LAURA 18:00 | TRX RAMÓN 18:00 | | | | | SALSA Y BACHATA INICIO | | | | | | | | | | |
| 18:30 | | TRX RAMON 18:30 | | | STEP CLARA 18:30 | E. FUNCIONAL RAMÓN 18:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | G.A.P VERO2 19:00 | | YOGA ANA 19:00 | | | | | | ABDOMINALES CLARA 19:00 | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | | E. FUNCIONAROM N 19:30 | | | BIKE MIGUEL 19:30 | | | | | E.FUNCIONAL RAMÓN 19:00 | | | | | | | | | | | | | | | | | | | | |
| 20:00 | BIKE VERO2 20:00 | TRX RAMÓN 20:00 | | | | | | | BIKE RUBÉN 20:00 | TRX RAMÓN 20:00 | YOGA ANA 20:00 | | | BIKE VERO2 20:00 | | | | | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | BIKE ANDRÉS 21:00 | | | AQUA GYM NATALIA 21:10 | | BIKE LOLA 20:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | BIKE RUBÉN 21:00 | | | | AQUAGYM NATALIA 21:10 | BODYCONCEPT VERO2 21:00 | | | | | | | | | | | | | | | | |

CARDIOVASCULAR

ACTIVIDADES DE PAGO PREVIA RESERVA

SESIONES DE AGUA

BODY-MIND

TONIFICACIÓN MUSCULAR