

HORA		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
INICIO	FIN						
9,00	9,45	Gimn. Senior (Gimnasio 3)		Gimnasia Senior (Gimnasio 3)			
9,30	10,15		Aqua gym (Piscina Invierno)		Aqua gym (Piscina Invierno)		
9,30	10,15	Aeróbic (Gimnasio 1)	Estilos (Gimnasio 1)	Ritmo Latino (Gimnasio 1)	Aeróbic (Gimnasio 1)	Estilos (Gimnasio 1)	
10,00	10,45						Entrenamiento Funcional (Gimnasio 1)
10,30	11,15	Tonificación Total (Gimnasio 1)	Disco Pump (Gimnasio 1)	Gapp (Gimnasio 1)	Harmony (Gimnasio 1)	Disco Pump (Gimnasio 1)	
11,00	11,45						Crossfitness (Gimnasio 1)
11,15	11,30	CORE (Sala Fitness)	CORE (Sala Fitness)	CORE (Sala Fitness)	CORE (Sala Fitness)		
14,15	15,00	Natación Estilos (Piscina Invierno)		Natación Estilos (Piscina Invierno)			
14,30	15,15	Disco Pump (Gimnasio 1)	Ciclismo Indoor (Sala Ciclo)	Entrenamiento Funcional (Gimnasio 1)	Ciclismo Indoor (Sala Ciclo)		
18,30	19,15	Gapp (Gimnasio 1)	Disco Pump (Gimnasio 1)	Harmony (Gimnasio 1)	Disco Pump (Gimnasio 1)	Aero-Box (Gimnasio 3)	
18,45	19,00	CORE (Sala Fitness)	CORE (Sala Fitness)	CORE (Sala Fitness)	CORE (Sala Fitness)		
19,00	19,30	TRX (Sala Fitness)	TRX (Sala Fitness)	TRX (Sala Fitness)	TRX (Sala Fitness)		
19,30	20,15	Ciclismo Indoor (Sala Ciclo)	Ciclismo Indoor (Sala Ciclo)	Ciclismo Indoor (Sala Ciclo)	Ciclismo Indoor (Sala Ciclo)		
		Estilos (Gimnasio 1)	Entrenamiento Funcional (Gimnasio 1)	Aero-Box (Gimnasio 1)	Entrenamiento Funcional (Gimnasio 1)		
		Crossfitness (Squash 5)		Crossfitness (Squash 5)		Crossfitness (Squash 5)	