



A partir del 01 de Septiembre de 2018 Horario de actividades dirigidas

Lunes			Martes			Miércoles			Jueves			Viernes			Sábado		
07:30 - 08:30	Sala 2	GAP	07:30 - 08:30	Sala Indoor	INDOOR WALKING	07:30 - 08:30	Sala 1	QUEENAX	07:30 - 08:30	Sala Ciclo	SPINNING	08:00 - 08:30	Fitness	CORE	09:30 - 10:30	Fitness	CROSSGYM
09:30 - 10:30	Sala 3	PILATES STRETCH	09:00 - 10:00	Sala 3	YOGA	09:00 - 10:00	Sala 1	REVENCIÓN LESION	09:30 - 10:00	Sala 1	CROSSGYM	09:00 - 10:00	Sala 3	YOGA	10:30 - 11:30	Sala Ciclo	SPINNING
09:30 - 10:00	Fitness	HIIT	09:30 - 10:00	Fitness	CROSSGYM	09:30 - 10:00	Fitness	HIIT	09:30 - 10:00	Fitness	CORE	09:30 - 10:00	Sala 1	QUEENAX	10:45 - 11:45	Sala 2	BODY PUMP
09:30 - 10:00	Sala 1	QUEENAX	09:30 - 10:00	Fitness	CORE	09:30 - 10:00	Sala 1	TRX	10:00 - 11:00	Sala 1	BODY PUMP	10:00 - 11:00	Sala 3	PILATES STRETCH	12:00 - 12:30	Fitness	CORE
10:00 - 11:00	Sala 2	BODY COMBAT	10:00 - 11:00	Piscina	AQUA GYM	10:00 - 11:00	Sala 2	GAP	10:00 - 11:00	Sala Indoor	INDOOR WALKING	10:00 - 11:00	Sala Ciclo	SPINNING	12:00 - 13:00	Sala 1	INDOOR WALKING
10:00 - 11:00	Sala Ciclo	SPINNING	10:00 - 11:00	Sala 1	BODY PUMP	10:00 - 11:00	Sala Ciclo	SPINNING	10:00 - 11:00	Piscina	AQUA GYM	10:00 - 11:00	Sala 2	GAP	12:00 - 13:00	Sala Indoor	INDOOR WALKING
10:30 - 11:30	Sala 3	PILATES STRETCH	10:00 - 11:00	Sala Indoor	INDOOR WALKING	10:00 - 11:00	Sala 3	PILATES STRETCH	10:30 - 11:30	Sala 2	ZUMBA	11:00 - 11:30	Fitness	TRX			
11:00 - 11:30	Fitness	HIIT	10:30 - 11:30	Sala 2	ZUMBA	11:00 - 11:30	Fitness	CORE	11:00 - 11:30	Fitness	STRETCHING	14:00 - 14:30	Fitness	STRETCHING			
11:30 - 12:30	Sala Indoor	INDOOR WALKING	11:00 - 11:30	Fitness	STRETCHING	11:00 - 12:00	Sala 3	PILATES STRETCH	11:30 - 12:30	Sala 1	QUEENAX	14:30 - 15:30	Sala 3	PILATES STRETCH			
11:30 - 12:30	Piscina	AQUA GYM	11:30 - 12:30	Sala 2	GAP	11:30 - 12:30	Piscina	AQUA GYM	11:30 - 12:30	Sala 3	PILATES STRETCH	14:30 - 15:30	Sala Indoor	INDOOR WALKING			
14:00 - 14:30	Fitness	TRX	11:30 - 12:30	Sala 3	PILATES STRETCH	11:30 - 12:30	Sala 2	BODY PUMP	14:00 - 14:30	Fitness	CORE	15:30 - 16:30	Sala 1	QUEENAX			
14:30 - 15:30	Sala Ciclo	SPINNING	14:00 - 14:30	Fitness	CORE	14:00 - 14:30	Sala 1	QUEENAX	14:30 - 15:30	Sala 2	QUEMAGRASA	17:00 - 17:30	Fitness	CORE			
15:30 - 16:30	Sala 2	BODY PUMP	14:30 - 15:30	Sala 2	BODY PUMP	14:30 - 15:30	Sala Ciclo	SPINNING	15:30 - 16:30	Sala Ciclo	SPINNING	17:30 - 18:30	Sala 2	QUEMAGRASA			
17:00 - 17:30	Sala 1	QUEENAX	15:30 - 16:30	Sala 2	QUEMAGRASA	15:30 - 16:30	Sala 2	GAP	17:00 - 17:30	Fitness	HIIT	17:30 - 18:30	Sala Ciclo	SPINNING			
17:30 - 18:30	Sala Ciclo	SPINNING	15:30 - 16:30	Sala Indoor	INDOOR WALKING	15:30 - 16:30	Sala 3	YOGA	17:30 - 18:30	Sala 1	BODY PUMP	18:30 - 19:30	Fitness	CROSSGYM			
17:30 - 18:30	Sala 2	IMPALA DANCE	16:30 - 17:30	Sala 1	STEP DANCE	17:00 - 17:30	Sala 1	GAP	17:30 - 18:30	Sala 2	ZUMBA	18:30 - 19:30	Sala 2	ZUMBA			
17:30 - 18:30	Fitness	CROSSGYM	17:00 - 17:30	Fitness	HIIT	17:30 - 18:30	Fitness	CROSSGYM	18:30 - 19:30	Sala 3	PILATES STRETCH	18:30 - 19:30	Sala 3	YOGA			
18:30 - 19:30	Sala 1	QUEMAGRASA	17:30 - 18:30	Sala 2	ZUMBA	17:30 - 18:30	Sala 3	PILATES STRETCH	18:30 - 19:30	Sala 2	GAP	18:30 - 19:30	Sala 1	BODY PUMP			
18:30 - 19:30	Sala Indoor	INDOOR WALKING	17:30 - 18:30	Sala 1	QUEENAX	17:30 - 18:30	Sala Indoor	SPINNING	19:00 - 19:30	Fitness	TRX	19:00 - 19:30	Fitness	CORE			
18:30 - 19:30	Sala 2	BODY PUMP	18:30 - 19:30	Sala 2	GAP	18:15 - 19:15	Sala 1	BODY COMBAT	19:15 - 20:15	Hall	IMPALA RUNNING	19:30 - 20:30	Sala 2	IMPALA DANCE			
19:00 - 20:00	Sala 3	REVENCIÓN LESION	18:30 - 19:30	Sala 3	PILATES STRETCH	18:30 - 19:30	Sala 1	INDOOR WALKING	19:30 - 20:30	Sala 2	BODY PUMP	19:30 - 20:30	Sala Ciclo	SPINNING			
19:00 - 19:30	Fitness	CORE	19:00 - 19:30	Fitness	TRX	18:30 - 19:30	Sala 2	BODY PUMP	19:30 - 20:30	Sala 3	PILATES STRETCH	20:00 - 20:30	Sala 1	HIIT			
19:30 - 20:30	Sala 2	ZUMBA	19:15 - 20:15	Hall	IMPALA RUNNING	19:00 - 19:30	Fitness	CORE	19:30 - 20:30	Sala Ciclo	SPINNING	21:00 - 21:30	Fitness	STRETCHING			
19:30 - 20:30	Sala Indoor	INDOOR WALKING	19:30 - 20:30	Sala 1	BODY COMBAT	19:00 - 20:00	Sala 3	REVENCIÓN LESION	19:30 - 20:30	Fitness	IMPALA SPARTAN						
19:30 - 20:30	Fitness	CROSSGYM	19:30 - 20:30	Fitness	IMPALA SPARTAN	19:00 - 20:00	Sala 1	QUEENAX	19:30 - 20:30	Sala 1	STEP DANCE						
19:30 - 20:30	Sala 2	STEP DANCE	19:30 - 20:30	Sala Ciclo	SPINNING	19:30 - 20:30	Sala 1	INDOOR WALKING	20:00 - 20:30	Fitness	CORE						
19:30 - 20:30	Piscina	AQUA GYM	19:30 - 20:30	Sala 2	BODY PUMP	19:30 - 20:30	Sala Indoor	SPINNING	20:00 - 21:00	Piscina	AQUA GYM						
Lunes			Martes			Miércoles			Jueves			Viernes			Sábado		
08:00 - 08:30	Sala Ciclo	QUEENAX	08:00 - 08:30	Sala 1	CROSSGYM	08:00 - 08:30	Piscina	HIIT	08:00 - 08:30	Sala Indoor	CROSSGYM	08:00 - 08:30	Fitness	CORE TRAINING	12:00 - 12:30	Fitness	CORE TRAINING
09:30 - 10:00	Fitness	HIIT	09:30 - 10:00	Sala 3	CORE TRAINING	09:30 - 10:00	Fitness	TRX	09:30 - 10:00	Fitness	CORE TRAINING	09:30 - 10:00	Sala 1	QUEENAX			
09:30 - 10:00	Fitness	TRX	11:00 - 11:30	Fitness	STRETCHING	11:00 - 11:30	Fitness	CORE TRAINING	11:00 - 11:30	Fitness	STRETCHING	11:00 - 11:30	Fitness	TRX	10:00 - 10:30	Fitness	CORE TRAINING
14:00 - 14:30	Fitness	TRX	21:00 - 21:30	Sala 1	QUEENAX	14:00 - 14:30	Sala 1	QUEENAX	11:30 - 12:30	Sala 1	QUEENAX	14:00 - 14:30	Fitness	STRETCHING	12:00 - 12:30	Fitness	TRX
17:00 - 17:30	Sala 1	QUEENAX	14:00 - 14:30	Fitness	CORE TRAINING	14:00 - 14:30	Sala 1	QUEENAX	11:30 - 12:30	Sala 1	QUEENAX	14:00 - 14:30	Fitness	STRETCHING			
19:00 - 19:30	Fitness	CORE TRAINING	17:00 - 17:30	Fitness	HIIT	17:00 - 17:30	Sala Ciclo	GAP EXPRESS	14:00 - 14:30	Fitness	CORE TRAINING	15:30 - 16:30	Sala 1	QUEENAX			
20:00 - 20:30	Fitness	TRX	17:30 - 18:30	Sala 1	QUEENAX	19:00 - 19:30	Fitness	CORE TRAINING	17:00 - 17:30	Fitness	HIIT	17:00 - 17:30	Fitness	CORE TRAINING			
21:00 - 21:30	Fitness	STRETCHING	19:00 - 19:30	Fitness	TRX	20:00 - 20:30	Fitness	TRX	19:00 - 19:30	Fitness	TRX	19:00 - 19:30	Fitness	CORE TRAINING			
			20:30 - 21:00	Fitness	CORE TRAINING	21:00 - 21:30	Fitness	STRETCHING	20:00 - 20:30	Fitness	CORE TRAINING	20:00 - 20:30	Fitness	HIIT			
			21:00 - 21:30	Sala 1	QUEENAX				21:00 - 21:30	Fitness	TRX	21:00 - 21:30	Fitness	STRETCHING			

