



A partir del 03 de Octubre de 2017 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	10:00 - 11:00	Sala 3	PILATES STRETCH	07:30 - 08:30	Sala Ciclo	SPINNING	09:00 - 10:00	Sala 3	YOGA	09:30 - 10:30	Sala 1	CROSSGYM
09:30 - 10:30	Sala 3	PILATES STRETCH	09:00 - 10:00	Sala 3	YOGA	10:00 - 11:00	Sala Ciclo	SPINNING	10:00 - 11:00	Sala Indoor	INDOOR WALKING	10:00 - 11:00	Sala 3	PILATES STRETCH	10:30 - 11:30	Sala Ciclo	SPINNING
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	Piscina	AQUA GYM	10:00 - 11:00	Sala 2	GAP	10:45 - 11:45	Sala 2	BODY PUMP
10:00 - 11:00	Sala Ciclo	SPINNING	10:00 - 11:00	Sala 1	BODY PUMP	11:30 - 12:30	Sala 2	BODY PUMP	10:00 - 11:00	Sala 1	BODY PUMP	10:00 - 11:00	Sala Ciclo	SPINNING	12:00 - 13:00	Sala 1	INDOOR WALKING
10:30 - 11:30	Sala 3	PILATES STRETCH	10:00 - 11:00	Sala Indoor	INDOOR WALKING	11:30 - 12:30	Piscina	AQUA GYM	10:30 - 11:30	Sala 2	ZUMBA	14:30 - 15:30	Sala 3	PILATES STRETCH			
11:30 - 12:30	Piscina	AQUA GYM	10:30 - 11:30	Sala 2	ZUMBA	14:30 - 15:30	Piscina	AQUA BALANCE	11:30 - 12:30	Sala 3	PILATES STRETCH	14:30 - 15:30	Sala Indoor	INDOOR WALKING			
11:30 - 12:30	Sala Indoor	INDOOR WALKING	11:30 - 12:30	Sala 2	GAP	14:30 - 15:30	Sala Ciclo	SPINNING	14:30 - 15:30	Sala 2	QUEMAGRASA	15:30 - 16:30	Sala 2	FUNCIONAL TR			
14:30 - 15:30	Sala Ciclo	SPINNING	11:30 - 12:30	Sala 3	PILATES STRETCH	15:30 - 16:30	Sala 3	YOGA	15:30 - 16:30	Sala Ciclo	SPINNING	17:30 - 18:30	Sala 2	QUEMAGRASA			
15:30 - 16:30	Piscina	AQUA BALANCE	14:30 - 15:30	Sala 2	BODY PUMP	15:30 - 16:30	Sala 2	GAP	17:30 - 18:30	Sala 1	BODY PUMP	17:30 - 18:30	Sala Ciclo	SPINNING			
15:30 - 16:30	Sala 2	BODY PUMP	15:30 - 16:30	Sala Indoor	INDOOR WALKING	17:30 - 18:30	Fitness	CROSSGYM	17:30 - 18:30	Sala 2	ZUMBA	18:30 - 19:30	Sala 2	ZUMBA			
17:30 - 18:30	Sala Ciclo	SPINNING	15:30 - 16:30	Sala 2	QUEMAGRASA	17:30 - 18:30	Sala Indoor	SPINNING	18:30 - 19:30	Sala 2	GAP	18:30 - 19:30	Fitness	CROSSGYM			
17:30 - 18:30	Sala 2	IMPALA DANCE	17:30 - 18:30	Fitness	FUNCIONAL TR	17:30 - 18:30	Sala 3	PILATES STRETCH	18:30 - 19:30	Sala 3	PILATES STRETCH	18:30 - 19:30	Sala 1	BODY PUMP			
17:30 - 18:30	Fitness	CROSSGYM	17:30 - 18:30	Sala 2	ZUMBA	18:30 - 19:30	Sala Indoor	INDOOR WALKING	19:00 - 20:00	Hall	IMPALA RUNNING	18:30 - 19:30	Sala 3	YOGA			
18:30 - 19:30	Sala Indoor	INDOOR WALKING	18:30 - 19:30	Sala 2	GAP	18:30 - 19:30	Sala 1	BODY COMBAT	19:30 - 20:30	Sala 3	PILATES STRETCH	19:30 - 20:30	Sala 2	IMPALA DANCE			
18:30 - 19:30	Sala 2	BODY PUMP	18:30 - 19:30	Sala 3	PILATES STRETCH	18:30 - 19:30	Sala 2	BODY PUMP	19:30 - 20:30	Sala Ciclo	SPINNING	19:30 - 20:30	Sala Ciclo	SPINNING			
19:00 - 20:00	Sala 3	PREVENCIÓN LESION	19:00 - 20:00	Hall	IMPALA RUNNING	19:00 - 20:00	Fitness	FUNCIONAL TR	19:30 - 20:30	Fitness	IMPALA SPARTAN						
19:30 - 20:30	Sala Indoor	INDOOR WALKING	19:30 - 20:30	Fitness	IMPALA SPARTAN	19:00 - 20:00	Sala 3	PREVENCIÓN LESION	19:30 - 20:30	Sala 2	BODY PUMP						
19:30 - 20:30	Sala Ciclo	SPINNING	19:30 - 20:30	Sala Ciclo	SPINNING	19:30 - 20:30	Sala 2	ZUMBA	20:00 - 21:00	Sala 1	BODY COMBAT						
19:30 - 20:30	Fitness	CROSSGYM	19:30 - 20:30	Sala 2	BODY PUMP	19:30 - 20:30	Sala 1	INDOOR WALKING	20:00 - 21:00	Piscina	AQUA GYM						
19:30 - 20:30	Sala 2	ZUMBA	19:30 - 20:30	Sala 3	PILATES STRETCH	19:30 - 20:30	Piscina	AQUA GYM	20:30 - 21:30	Sala Indoor	INDOOR WALKING						
19:30 - 20:30	Sala 2	STEP DANCE	20:00 - 21:00	Sala 1	BODY COMBAT	19:30 - 20:30	Sala Indoor	SPINNING									
19:30 - 20:30	Piscina	AQUA GYM	20:00 - 21:00	Piscina	AQUA GYM	20:00 - 21:00	Sala 3	YOGA									
20:00 - 21:00	Sala 3	YOGA				20:30 - 21:30	Sala Ciclo	SPINNING									
20:30 - 21:30	Sala Ciclo	SPINNING															

Impala ExpressClass

Lunes			Martes			Miércoles			Jueves			Viernes			Sábado		
09:30 - 10:00	Sala 1	QUENAX	09:30 - 10:00	Fitness	CORE TRAINING	07:30 - 08:30	Sala 1	QUENAX	09:30 - 10:00	Sala 1	CROSSGYM	08:00 - 08:30	Fitness	CORE TRAINING	12:00 - 12:30	Fitness	CORE TRAINING
09:30 - 10:00	Sala 1	HIIT	09:30 - 10:00	Sala 1	CROSSGYM	09:30 - 10:00	Fitness	TRX	09:30 - 10:00	Fitness	CORE TRAINING	09:30 - 10:00	Sala 1	HIIT	17:00 - 17:30	Fitness	TRX
11:00 - 11:30	Fitness	HIIT	11:00 - 11:30	Fitness	STRETCHING	09:30 - 10:00	Fitness	HIIT	11:00 - 11:30	Fitness	STRETCHING	10:00 - 11:00	Sala 1	QUENAX	Domingo		
14:00 - 14:30	Fitness	TRX	14:00 - 14:30	Fitness	CORE TRAINING	11:00 - 11:30	Fitness	CORE TRAINING	11:30 - 12:30	Sala 1	QUENAX	11:00 - 11:30	Fitness	TRX	10:00 - 10:30	Fitness	CORE TRAINING
17:00 - 17:30	Sala 1	QUENAX	17:00 - 17:30	Fitness	HIIT	14:00 - 14:30	Sala 1	QUENAX	14:00 - 14:30	Fitness	CORE TRAINING	14:00 - 14:30	Fitness	STRETCHING	12:00 - 12:30	Fitness	TRX
19:00 - 19:30	Fitness	CORE TRAINING	17:30 - 18:30	Sala 1	QUENAX	17:00 - 17:30	Fitness	GAP EXPRESS	17:00 - 17:30	Fitness	HIIT	15:30 - 16:30	Sala 1	QUENAX			
20:00 - 20:30	Fitness	TRX	19:00 - 19:30	Fitness	TRX	19:00 - 19:30	Fitness	CORE TRAINING	19:00 - 19:30	Fitness	TRX	17:00 - 17:30	Fitness	CORE TRAINING			
21:00 - 21:30	Fitness	STRETCHING	20:00 - 20:30	Fitness	CORE TRAINING	19:00 - 20:00	Sala 1	QUENAX	20:00 - 20:30	Fitness	CORE TRAINING	19:00 - 19:30	Fitness	CORE TRAINING			
			21:00 - 21:30	Sala 1	QUENAX	20:00 - 20:30	Fitness	TRX	20:00 - 21:00	Sala 1	QUENAX	20:00 - 20:30	Sala 1	HIIT			
						21:00 - 21:30	Fitness	STRETCHING	21:00 - 21:30	Fitness	TRX	21:00 - 21:30	Fitness	STRETCHING			

Cardio

Cuerpo y mente

Tonificación

Agua

Deportiva

Baile