



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

### Impala ExpressClass

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

Cardio

Cuerpo y mente

Tonificación

Agua

Deportiva

Baile