



A partir del 01 de Agosto 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	10:30 - 11:30	Sala Ciclo	SPINNING
10:00 - 11:00	Sala Ciclo	SPINNING	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	10:45 - 11:45	Sala 2	BODY PUMP
10:00 - 11:00	Sala 3	PILATES STRETCH	10:00 - 11:00	Sala Indoor	INDOOR WALKING	10:00 - 11:00	Sala Ciclo	SPINNING	10:00 - 11:00	Sala 2	BODY PUMP	10:00 - 11:00	Sala 3	PILATES STRETCH			
11:30 - 12:30	Sala Indoor	INDOOR WALKING	10:00 - 11:00	Sala 1	ZUMBA	11:30 - 12:30	Piscina	AQUA GYM	10:00 - 11:00	Piscina	AQUA GYM	10:00 - 11:00	Sala 1	GAP			
14:30 - 15:30	Sala Ciclo	SPINNING	10:00 - 11:00	Sala 2	BODY PUMP	14:30 - 15:30	Sala Ciclo	SPINNING	10:00 - 11:00	Sala 1	ZUMBA	14:30 - 15:30	Sala 3	PILATES STRETCH			
15:30 - 16:30	Sala 2	BODY PUMP	11:30 - 12:30	Sala 3	PILATES STRETCH	15:30 - 16:30	Piscina	AQUA BALANCE	11:30 - 12:30	Sala 3	PILATES STRETCH	17:30 - 18:30	Sala 2	QUEMAGRASA			
17:30 - 18:30	Sala 2	ZUMBA	14:30 - 15:30	Sala 2	BODY PUMP	15:30 - 16:30	Sala 2	GAP	14:30 - 15:30	Sala 2	QUEMAGRASA	18:30 - 19:30	Sala 3	YOGA			
17:30 - 18:30	Sala Ciclo	SPINNING	15:30 - 16:30	Sala 1	QUEMAGRASA	17:30 - 18:30	Sala 1	CROSSGYM	15:30 - 16:30	Sala Ciclo	SPINNING	18:30 - 19:30	Sala 1	CROSSGYM			
18:30 - 19:30	Sala Indoor	INDOOR WALKING	17:30 - 18:30	Sala 2	ZUMBA	17:30 - 18:30	Sala Indoor	SPINNING	17:30 - 18:30	Sala 1	BODY PUMP	18:30 - 19:30	Sala 2	ZUMBA			
18:30 - 19:30	Sala 2	BODY PUMP	17:30 - 18:30	Sala 1	FUNCIONAL TR	18:30 - 19:30	Sala 2	BODY PUMP	18:30 - 19:30	Sala 2	GAP	19:30 - 20:30	Sala 1	ZUMBA			
19:00 - 20:00	Sala 1	REVENCIÓN LESION	18:30 - 19:30	Sala 3	PILATES STRETCH	19:00 - 20:00	Sala 1	FUNCIONAL TR	18:30 - 19:30	Sala 3	PILATES STRETCH	19:30 - 20:30	Sala Ciclo	SPINNING			
19:30 - 20:30	Sala 2	ZUMBA	18:30 - 19:30	Sala 2	BODY COMBAT	19:30 - 20:30	Sala Indoor	SPINNING	19:30 - 20:30	Sala 3	PILATES STRETCH						
19:30 - 20:30	Sala Ciclo	SPINNING	19:30 - 20:30	Sala 2	BODY PUMP	19:30 - 20:30	Piscina	AQUA GYM	19:30 - 20:30	Sala Ciclo	SPINNING						
19:30 - 20:30	Sala 2	STEP DANCE	19:30 - 20:30	Sala 3	PILATES STRETCH	19:30 - 20:30	Sala 1	ZUMBA	19:30 - 20:30	Sala 2	BODY PUMP						
20:00 - 21:00	Sala 3	YOGA	19:30 - 20:30	Sala Ciclo	SPINNING	20:00 - 21:00	Sala 3	YOGA	20:30 - 21:30	Sala Indoor	INDOOR WALKING						
20:00 - 21:00	Fitness	CROSSGYM	20:00 - 21:00	Sala Indoor	INDOOR WALKING												
20:00 - 21:00	Piscina	AQUA GYM															
20:30 - 21:30	Sala Ciclo	SPINNING															

Impala ExpressClass

Lunes		Martes		Miércoles		Jueves		Viernes		Sábado							
09:30 - 10:00	Fitness	GAP EXPRESS	09:30 - 10:00	Fitness	CORE TRAINING	09:30 - 10:00	Fitness	HIIT	09:30 - 10:00	Fitness	CORE TRAINING	08:00 - 08:30	Fitness	CORE TRAINING	10:00 - 10:30	Fitness	TRX
11:00 - 11:30	Fitness	HIIT	11:00 - 11:30	Fitness	STRETCHING	11:00 - 11:30	Fitness	CORE TRAINING	11:00 - 11:30	Fitness	STRETCHING	09:30 - 10:00	Sala 2	FUNCIONAL TR EXPRE	12:00 - 12:30	Fitness	CORE TRAINING
14:00 - 14:30	Fitness	TRX	14:00 - 14:30	Fitness	CORE TRAINING	14:00 - 14:30	Fitness	TÉCNICA	14:00 - 14:30	Fitness	CORE TRAINING	11:00 - 11:30	Fitness	TRX	Domingo		
17:00 - 17:30	Fitness	CORE TRAINING	17:00 - 17:30	Fitness	HIIT	17:00 - 17:30	Fitness	GAP EXPRESS	17:00 - 17:30	Fitness	HIIT	14:00 - 14:30	Fitness	STRETCHING	10:00 - 10:30	Fitness	CORE TRAINING
19:00 - 19:30	Fitness	CORE TRAINING	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	12:00 - 12:30	Fitness	TRX
20:00 - 20:30	Fitness	TRX	20:00 - 20:30	Fitness	HIIT	20:00 - 20:30	Fitness	TRX	20:00 - 20:30	Sala 1	HIIT	19:00 - 19:30	Fitness	CORE TRAINING			
21:00 - 21:30	Fitness	STRETCHING	21:00 - 21:30	Fitness	TRX	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