

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
07:45		BOX TRAINNING		BOX TRAINNING			
08:00		SPORT SWIM ADULTOS		SPORT SWIM ADULTOS			
08:15	SPORTCYCLE ZUMBA STRONG	SPORTCYCLE	SPORTCYCLE ZUMBA STRONG	SPORTCYCLE	ZUMBA STRONG SPORTCYCLE		
08:45	KANGOO POWER		KANGOO POWER		KANGOO POWER		
09:00		GIMNASIA ACUÁTICA LOCALIZADA	GIMNASIA ACUÁTICA	GIMNASIA ACUÁTICA LOCALIZADA		SPORT SWIM ADULTOS	
09:15	SPORTCYCLE BODY PUMP	SPORT FUNCTIONAL	SPORTCYCLE BODY PUMP	SPORT FUNCTIONAL	SPORTCYCLE BODY PUMP	GIMNASIA ACUÁTICA	
09:30	ZUMBA		ZUMBA		ZUMBA	YOGA	
10:00	MÓDULO SENIOR GIMNASIA YOGA	STRETCHING	MÓDULO SENIOR GIMNASIA YOGA	STRETCHING	STRETCHING	STRETCHING	SPORTCYCLE
10:10	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		
10:15						SPORT SWIM NIÑOS (3 A 14)	
11:00	SENIOR MÓDULO SENIOR PILETA		MÓDULO SENIOR PILETA SENIOR			SPORT SWIM NIÑOS (3 A 14) POWER LOCAL	SPORTCYCLE
11:15						KANGOO POWER	
11:30						BEBES	
11:45						SPORT SWIM ADULTOS	
12:15						BEBES ZUMBA SPORTCYCLE	
13:00	SPORT SWIM ADULTOS	ROWING CLASS SPORT SWIM ADULTOS		ROWING CLASS SPORT SWIM ADULTOS			
13:15	POWER FIT KANGOO POWER SPORTCYCLE SPORT FUNCTIONAL	INTERVAL TRAINING SPORTCYCLE LOCALIZADA INT.	SPORT FUNCTIONAL KANGOO POWER SPORTCYCLE POWER FIT	INTERVAL TRAINING SPORTCYCLE LOCALIZADA INT.	SPORT FUNCTIONAL POWER LOCAL SPORTCYCLE		
13:30		ROWING CLASS		ROWING CLASS			

14:15	LOCALIZADA INT.		LOCALIZADA INT.		POWER LOCAL		
15:00	GIMNASIA ACUÁTICA		GIMNASIA ACUÁTICA		GIMNASIA ACUÁTICA		
15:15		SPORTCYCLE		SPORTCYCLE			
17:00		SPORT SWIM ADULTOS TAEKWONDO INFANTIL		TAEKWONDO INFANTIL SPORT SWIM ADULTOS		CLASE DE SALSA	
17:15	MODULO NIÑOS	MODULO NIÑOS	MODULO NIÑOS	MODULO NIÑOS			
17:45		TAEKWONDO INFANTIL		TAEKWONDO INFANTIL			
18:00	SPORT SWIM NIÑOS (3 A 14) KANGOO POWER PILATES MAT	SPORT SWIM NIÑOS (3 A 14) KANGOO POWER	SPORT SWIM NIÑOS (3 A 14) KANGOO POWER PILATES MAT	SPORT SWIM NIÑOS (3 A 14) KANGOO POWER	PILATES MAT KANGOO POWER		
18:30		BOX TRAINNING		BOX TRAINNING			
18:45		ZUMBA SPORT SWIM JUVENILES		ZUMBA SPORT SWIM JUVENILES			
19:00	SPORT FUNCTIONAL SPORTCYCLE TALLER DE ABDOMINALES BODY COMBAT SPORT SWIM ADULTOS	GIMNASIA ACUÁTICA SPORTCYCLE	SPORTCYCLE SPORT SWIM ADULTOS SPORT FUNCTIONAL TALLER DE ABDOMINALES BODY COMBAT	GIMNASIA ACUÁTICA SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL TALLER DE ABDOMINALES BODY COMBAT		
19:30	TALLER DE ESTIRAMIENTO	BODY PUMP STRETCHING	TALLER DE ESTIRAMIENTO	STRETCHING BODY PUMP	TALLER DE ESTIRAMIENTO		
20:00	SPORT FUNCTIONAL SPORT SWIM ADULTOS BODY PUMP SPORTCYCLE	SPORTCYCLE	SPORT FUNCTIONAL SPORT SWIM ADULTOS BODY PUMP SPORTCYCLE	SPORTCYCLE	SPORT FUNCTIONAL BODY PUMP SPORTCYCLE		
20:30		YOGA		YOGA			