

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00				NATACIÓN 10 A 18 AÑOS			
08:15	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
08:30	SPORT SWIM ADULTOS		SPORT SWIM ADULTOS		SPORT SWIM ADULTOS		
09:00	LOCALIZADA INT.	SPORTCYCLE	LOCALIZADA	SPORTCYCLE	LOCALIZADA INT.		
09:30	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM		
10:00	100% ABDOMINALES		100% ABDOMINALES		STRETCHING		
10:30	STRETCHING	YOGA	STRETCHING	YOGA			
11:00						SPORTCYCLE	
15:00						ZUMBA	
15:30						YOGA	
17:00	SPORT SWIM INFANTIL (6 A 12)	SPORT SWIM INFANTIL (6 A 12)	SPORT SWIM INFANTIL (6 A 12)	SPORT SWIM INFANTIL (6 A 12)	SPORT SWIM INFANTIL (6 A 12)		
18:00	NATACIÓN LOCALIZADA	NATACIÓN STRETCHING	NATACIÓN GAP	SPORT SWIM JUVENILES STRETCHING	NATACIÓN LOCALIZADA INT.		
19:00	BODY PUMP SPORT SWIM INFANTIL (6 A 12) SPORTCYCLE	SPORT SWIM INFANTIL (6 A 12) BODY BALANCE ZUMBA	BODY PUMP SPORT SWIM INFANTIL (6 A 12) BODY BALANCE	SPORT SWIM ADULTOS YOGA ZUMBA	BODY BALANCE SPORT SWIM INFANTIL (6 A 12) BODY PUMP		
20:00	SPORT SWIM ADULTOS RPM BODY COMBAT	AQUA GYM SPORT FUNCTIONAL SPORTCYCLE	SPORT SWIM ADULTOS RPM BODY COMBAT	AQUA GYM SPORT FUNCTIONAL SPORTCYCLE	BODY COMBAT RPM SPORT SWIM ADULTOS		
21:00					SPORT SWIM ADULTOS		