

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
8:00	08:30 - 09:25 SALA CICLO CICLO INDOOR	08:30 - 09:00 SALA FITNESS WALKING INDOOR 30'	08:30 - 09:25 SALA CICLO CICLO INDOOR	08:30 - 09:00 SALA FITNESS WALKING INDOOR 30'			
9:00	09:30 - 10:30 ZONA CROSS HIT CAMPUS INFANTIL	09:00 - 09:30 ZONA CROSS HIT FUNCIONAL-HIIT	09:30 - 10:30 SALA POLIVALENTE BODYCOMBAT	09:00 - 09:30 ZONA CROSS HIT FUNCIONAL-HIIT	09:00 - 09:30 SALA POLIVALENTE CORE TRAINING		
	09:30 - 10:20 SALA CICLO WALKING INDOOR	09:30 - 10:30 ZONA CROSS HIT CAMPUS INFANTIL	09:30 - 10:30 ZONA CROSS HIT CAMPUS INFANTIL	09:30 - 10:30 ZONA CROSS HIT CAMPUS INFANTIL	09:30 - 10:30 ZONA CROSS HIT CAMPUS INFANTIL		
	09:30 - 10:30 SALA POLIVALENTE ZUMBA	09:30 - 10:25 SALA CICLO CICLO INDOOR	09:30 - 10:20 WALKING INDOOR	09:30 - 10:25 SALA CICLO CICLO INDOOR	09:30 - 10:15 SALA POLIVALENTE GAP		
		09:30 - 10:15 SALA POLIVALENTE GAP		09:30 - 10:30 SALA POLIVALENTE ZUMBA	09:30 - 10:20 SALA CICLO WALKING INDOOR		
10:00	10:30 - 11:30 ZONA CROSS HIT CAMPUS INFANTIL	10:30 - 11:30 ZONA CROSS HIT CAMPUS INFANTIL	10:30 - 11:30 ZONA CROSS HIT CAMPUS INFANTIL	10:30 - 11:30 ZONA CROSS HIT CAMPUS INFANTIL	10:30 - 11:30 ZONA CROSS HIT CAMPUS INFANTIL	10:30 - 11:25 SALA POLIVALENTE BODYPUMP	
	10:30 - 11:00 SALA FITNESS WALKING INDOOR 30'	10:35 - 11:35 SALA POLIVALENTE BODYCOMBAT	10:30 - 11:00 SALA CICLO WALKING INDOOR 30'	10:35 - 11:25 SALA 1 AQUA GYM	10:35 - 11:35 SALA POLIVALENTE BODYCOMBAT		
	10:35 - 11:30 SALA POLIVALENTE BODYPUMP	10:35 - 11:05 SALA FITNESS WALKING INDOOR 30'	10:35 - 11:30 SALA POLIVALENTE BODYPUMP	10:35 - 11:30 SALA POLIVALENTE BODYPUMP			
11:00	11:45 - 12:45 SALA POLIVALENTE YOGA		11:45 - 12:45 SALA POLIVALENTE YOGA		11:45 - 12:45 SALA POLIVALENTE YOGA	11:45 - 12:40 SALA CICLO CYCLING VIRTUAL	
14:00	14:00 - 14:55 SALA CICLO CYCLING VIRTUAL	14:00 - 14:55 SALA CICLO CYCLING VIRTUAL	14:00 - 14:55 SALA CICLO CYCLING VIRTUAL	14:00 - 14:55 SALA CICLO CYCLING VIRTUAL	14:00 - 14:55 SALA CICLO CYCLING VIRTUAL		
16:00	16:00 - 16:55 SALA CICLO CYCLING VIRTUAL	16:00 - 16:55 SALA CICLO CYCLING VIRTUAL	16:00 - 16:55 SALA CICLO CYCLING VIRTUAL	16:00 - 16:55 SALA CICLO CYCLING VIRTUAL	16:00 - 16:55 SALA CICLO CYCLING VIRTUAL		
18:00	18:15 - 19:10 SALA POLIVALENTE BODYPUMP	18:30 - 19:15 SALA POLIVALENTE GAP	18:15 - 19:10 SALA POLIVALENTE BODYPUMP	18:30 - 19:15 SALA POLIVALENTE GAP	18:15 - 19:10 SALA POLIVALENTE BODYPUMP		
19:00	19:15 - 20:15 SALA POLIVALENTE ZUMBA	19:15 - 20:10 SALA POLIVALENTE BODYPUMP	19:15 - 20:15 SALA POLIVALENTE ZUMBA	19:15 - 20:10 SALA POLIVALENTE BODYPUMP	19:15 - 20:15 SALA POLIVALENTE ZUMBA		
	19:25 - 20:20 SALA CICLO CICLO INDOOR	19:25 - 20:20 SALA CICLO CICLO INDOOR	19:25 - 20:20 SALA CICLO CICLO INDOOR	19:25 - 20:20 SALA CICLO CICLO INDOOR			
20:00	20:00 - 20:30 SALA FITNESS FUNCIONAL-HIIT	20:00 - 21:00 ZONA CROSS HIT CROSS-HIT	20:00 - 20:30 SALA FITNESS FUNCIONAL-HIIT	20:00 - 21:00 ZONA CROSS HIT CROSS-HIT			
	20:15 - 21:15 SALA POLIVALENTE BODYCOMBAT	20:15 - 21:15 SALA POLIVALENTE BODYCOMBAT	20:15 - 21:15 SALA POLIVALENTE BODYCOMBAT	20:15 - 21:15 SALA POLIVALENTE BODYCOMBAT			
	20:25 - 21:15 SALA CICLO WALKING INDOOR	20:25 - 21:15 SALA CICLO WALKING INDOOR	20:25 - 21:15 SALA CICLO WALKING INDOOR	20:25 - 21:15 SALA CICLO WALKING INDOOR			
21:00	21:15 - 22:15 SALA POLIVALENTE PILATES	21:15 - 22:15 SALA POLIVALENTE YOGA	21:15 - 22:15 SALA POLIVALENTE PILATES	21:15 - 22:15 SALA POLIVALENTE YOGA			
		21:20 - 22:05 SALA FITNESS TRX		21:20 - 22:05 SALA FITNESS TRX			

**PISCINA
SPA
ZONA CROSSHIT
TRX**

