

		l	m	x	j	v	s	d
06:10 - 07:00	AADD 2	HBX BOXING	TRX	G.A.C.				
	ESTUDIO PILATES (€)		ESTUDIO PILATES(€)					
	AADD 1		BODYPUMP™			T.B.C.		
	SALA CYCLING	CYCLING						
06:15 - 07:00	AADD 1			HIIT	TABATA			
	PISCINA INTERIOR					TECNICA NATACIÓN		
	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
07:10 - 08:00	AADD 2		HBX BOXING		KICK BOXING (€)			
	AADD 1	BODYPUMP™				BODYPUMP™		
	SALA CYCLING		CYCLING		CYCLING			
	ESTUDIO PILATES (€)			ESTUDIO PILATES(€)				
07:15 - 08:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING			FUNCTIONAL TRAINING			
	PISCINA INTERIOR	AIGUAGYM	TECNICA NATACIÓN	AIGUAGYM	TECNICA NATACIÓN	AIGUAGYM		
	AADD 2					TABATA		
	AADD 1			HIIT				
08:00 - 08:30	AADD 1				ABDOMINALES			
08:10 - 09:00	AADD 2		MOBILITY	ESPALDA SANA		ESPAI ESTIRA		
	AADD 1		BODYPUMP™					
08:15 - 09:00	PISCINA INTERIOR	AIGUAGYM	AIGUAGYM	AIGUAGYM		AIGUAGYM		
	AADD 1	TABATA				HIIT		
	ZONA FUNCIONAL			FUNCTIONAL TRAINING				
08:30 - 09:00	AADD 1				LOWERBODY			
09:00 - 09:30	AADD 1	ABDOMINALES		GLUTEOS	UPPERBODY	ABDOMINALES		
	ZONA FUNCIONAL		GLUTEOS					
09:10 - 10:00	AADD 1		BODYBALANCE™				BODYPUMP™	
	SALA CYCLING						CYCLING	CYCLING
09:15 - 10:00	PISCINA INTERIOR	AIGUAGYM	AIGUAGYM	AIGUAGYM	AIGUAGYM	AIGUAGYM	AIGUAGYM	
09:30 - 10:00	AADD 1				LOWERBODY			
09:30 - 10:15	ZONA FUNCIONAL						FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
09:30 - 10:20	AADD 2	ESPALDA SANA	HBX BOXING	PILATES	YOGA	ESPALDA SANA		
	ESTUDIO PILATES (€)			ESTUDIO PILATES(€)		ESTUDIO PILATES(€)		
	ZONA FUNCIONAL	MOBILITY						
	SALA CYCLING	CYCLING		CYCLING				
	AADD 1	BODYPUMP™		T.B.C.		G.A.C.		
10:00 - 10:30	AADD 1				ABDOMINALES			
10:10 - 11:00	AADD 1		ZUMBA®				BODYPUMP™	
	SALA CYCLING						CYCLING	CYCLING
10:15 - 11:00	ZONA FUNCIONAL		FUNCTIONAL TRAINING					
10:15 - 11:05	ESTUDIO PILATES (€)						ESTUDIO PILATES(€)	

10:30 - 11:15	AADD 1				HIPOPRESSIVOS*			
	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
	PISCINA INTERIOR						CURSILLO NATACIÓN (€)	
10:30 - 11:20	ESTUDIO PILATES (€)	ESTUDIO PILATES(€)	ESTUDIO PILATES(€)	ESTUDIO PILATES(€)		ESTUDIO PILATES(€)		
	AADD 2	FOAM ROLLER	PILATES	ESPAI ESTIRA				HBX BOXING
	AADD 1	ESPAI ESTIRA		MOBILITY		BODYBALANCE™		
11:00 - 11:30	AADD 1		GLUTEOS					
11:00 - 11:45	PISCINA INTERIOR		CURSILLO NATACIÓN(€)					
11:15 - 12:00	PISCINA INTERIOR	AQUAMAMIS (€)		AQUAMAMIS (€)			CURSILLO NATACIÓN (€)	
	ZONA FUNCIONAL						FUNCTIONAL TRAINING	
11:30 - 12:15	AADD 1			MAMAFIT (€)				
11:30 - 12:20	ESTUDIO PILATES (€)				ESTUDIO PILATES(€)			
12:00 - 12:45	PISCINA INTERIOR						CURSILLO NATACIÓN (€)	
12:30 - 13:20	ESTUDIO PILATES (€)					ESTUDIO PILATES(€)		
13:30 - 14:00	AADD 1					GLUTEOS		
13:40 - 14:30	AADD 1	HBX BOXING	BODYPUMP™		T.B.C.			
	AADD 1	T.B.C.						
	SALA CYCLING	CYCLING		CYCLING		CYCLING		
	ESTUDIO PILATES (€)				ESTUDIO PILATES(€)			
13:45 - 14:30	AADD 2				TABATA			
	AADD 1			HIPOPRESSIVOS*				
	PISCINA INTERIOR				TECNICA NATACIÓN			
	ZONA FUNCIONAL		FUNCTIONAL TRAINING					
14:00 - 14:45	AADD 2			HIIT				
14:00 - 14:50	AADD 1					ESPAI ESTIRA		
14:30 - 15:00	AADD 1		LOWERBODY					
14:30 - 15:20	AADD 1	T.B.C.			BODYPUMP™			
15:00 - 15:30	AADD 1		ABDOMINALES					
15:10 - 16:00	AADD 2			HBX BOXING				
	ESTUDIO PILATES (€)	ESTUDIO PILATES(€)						
15:20 - 16:10	AADD 1	BODYPUMP™			T.B.C.	BODYPUMP™		
15:30 - 16:00	AADD 1		LOWERBODY					
15:30 - 16:15	AADD 2	HIPOPRESSIVOS*						
16:00 - 16:30	AADD 2			ESPAI ESTIRA EXPRESS				
16:10 - 17:00	AADD 1		ZUMBA®					
	ESTUDIO PILATES (€)				ESTUDIO PILATES(€)			
16:15 - 16:45	AADD 1				ESPAI ESTIRA EXPRESS			
16:15 - 17:00	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
	PISCINA INTERIOR		AQUAMAMIS (€)		AQUAMAMIS (€)			
16:30 - 17:00	AADD 1	GLUTEOS						

17:00 - 17:30	AADD 1		UPPERBODY					
17:10 - 18:00	AADD 1	BODYPUMP™		PILATES	BODYPUMP™	G.A.C.		
	AADD 2	TRX			ESPAI ESTIRA			
	ESTUDIO PILATES (€)		ESTUDIO PILATES(€)					
17:15 - 18:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING	TABATA	FUNCTIONAL TRAINING				
17:30 - 18:00	AADD 1		LOWERBODY					
17:30 - 18:15	PISCINA INTERIOR	CURSO NATAÇÃO (€)	CURSO NATAÇÃO (€)	CURSO NATAÇÃO (€)	CURSO NATAÇÃO (€)	CURSO NATAÇÃO (€)		
18:00 - 18:30	ZONA FUNCIONAL			GLUTEOS		UPPERBODY		
18:10 - 19:00	SALA CYCLING	CYCLING	CYCLING	CYCLING	CYCLING			
	ESTUDIO PILATES (€)		ESTUDIO PILATES(€)	ESTUDIO PILATES(€)				
	AADD 1	T.B.C.	BODYPUMP™	BODYPUMP™	YOGA	ZUMBA®		
	AADD 2	HBX BOXING	MOBILITY		HBX BOXING	PILATES		
18:15 - 19:00	PISCINA INTERIOR	CURSO NATAÇÃO (€)	CURSO NATAÇÃO (€)	CURSO NATAÇÃO (€)		CURSO NATAÇÃO (€)		
	ZONA FUNCIONAL	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING			
	AADD 2			HIPOPRESSIVOS*				
18:30 - 19:00	ZONA FUNCIONAL			ABDOMINALES		GLUTEOS		
19:00 - 19:45	PISCINA INTERIOR					CURSO NATAÇÃO (€)		
19:10 - 20:00	ESTUDIO PILATES (€)	ESTUDIO PILATES(€)	ESTUDIO PILATES(€)	ESTUDIO PILATES(€)	ESTUDIO PILATES(€)			
	SALA CYCLING	CYCLING	CYCLING	CYCLING	CYCLING			
	AADD 2	ESPAI ESTIRA	HBX BOXING		PILATES			
	AADD 1	BODYPUMP™		BODYCOMBAT™		BODYBALANCE™		
19:15 - 20:00	AADD 1		TABATA		HIIT			
	PISCINA INTERIOR	AIGUAGYM		AIGUAGYM				AIGUAGYM
	AADD 2			HIIT				
	ZONA FUNCIONAL	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		
20:00 - 20:30	AADD 2			GLUTEOS				
	AADD 1		ABDOMINALES					
20:00 - 20:45	PISCINA INTERIOR	CURSO NATAÇÃO (€)				CURSO NATAÇÃO (€)		
20:00 - 21:00	AADD 2				KICK BOXING (€)			
20:10 - 21:00	AADD 2	HBX BOXING	YOGA					
	AADD 1	G.A.C.		ZUMBA®	BODYPUMP™			
	ESTUDIO PILATES (€)				ESTUDIO PILATES(€)			
20:15 - 21:00	ZONA FUNCIONAL		FUNCTIONAL TRAINING					
20:30 - 21:00	AADD 1		GLUTEOS					
	AADD 2			ABDOMINALES				
20:30 - 21:30	AADD 2					KICK BOXING (€)		