

CLASES COLECTIVAS TEMPORADA 2021-2022

PISCINA		CUERPO/MENTE		CICLO		TONIFICACIÓN		BAILE		OUTDOOR			
HORA	LUNES	HORA	MARTES	HORA	MIÉRCOLES	HORA	JUEVES	HORA	VIERNES	HORA	SÁBADO	HORA	DOMINGO
		8,30	60' BODY FIT ***			8,30	60' AUTOCARGAS ***			10,00	15' ABD **	10,00	15' ABD **
9,30	60' PILATES *			9,30	60' PILATES *					11,30	30' BURN ***	11,30	30' BURN ***
9,30	45' CICLO ***	9,30	60' BODY FIT ***	9,30	45' CICLO ***	9,30	60' AUTOCARGAS ***	9,30	60' BODY FIT ***	13,00	15' ABD **	13,00	15' ABD **
10,15	15' FITNESS **			10,15	15' FITNESS **					13,30	15' STRETCHING *	13,30	15' STRETCHING *
14,15	45' AQUA GYM *			14,15	45' AQUA GYM *								
14,30	30' BODY FIT ***	14,30	15' ABD **	14,30	30' BODY FIT ***	14,30	15' ABD **						
15,00	15' ABD **	14,30	30' CICLO ***	15,00	15' ABD **	14,30	30' CICLO ***	15,00	15' ABD **				
15,15	15' STRETCHING *	15,15	15' STRETCHING *	15,15	15' STRETCHING *	15,15	15' STRETCHING *	15,15	15' STRETCHING *				
15,30	60' PILATES *	15,30		15,30	60' PILATES *	15,30		15,30					
17,15	60' PILATES *	17,15	30' BURN ***	17,15	60' PILATES *	17,15	30' BURN ***						
18,15	45' BODY FIT ***	18,30	45' BODY FIT ***	18,15	45' BODY FIT ***	18,30	45' BODY FIT ***						
19,00	60' ZUMBA POWER **	19,15	15' ABD **	19,00	60' ZUMBA POWER **	19,15	15' ABD **						
19,30	45' AQUA GYM *	19,15	45' AQUA SALUD *	19,30	45' AQUA GYM *	19,15	45' AQUA SALUD *						
19,30	15' ABD **	19,30	45' CICLO ***	19,30	15' ABD **	19,30	45' CICLO ***	19,30	30' BURN ***				
20,00	60' PILATES *	19,25	60' PILATES *	20,00	60' PILATES *	19,25	60' PILATES *	20,00	15' STRETCHING *				
20,00	45' C.CORREDOR ***	20,15	15' ABD **	20,00	45' C.CORREDOR ***	20,15	15' ABD **						
20,30	15' ABD **	20,15	45' AQUA GYM *	20,30	15' ABD **	20,15	45' AQUA GYM *	20,30	15' ABD **				



20,30 BAILES DE SALÓN

Actividad no incluida en los Bonos

CLASES COLECTIVAS SALA FITNESS TEMPORADA 2021-2022

HORA	LUNES	HORA	MARTES	HORA	MIÉRCOLES	HORA	JUEVES	HORA	VIERNES	HORA	SÁBADO	HORA	DOMINGO
15,00	15' ABD **	14,30	15' ABD **	15,00	15' ABD **	14,30	15' ABD **	15,00	15' ABD **	10,00	15' ABD **	10,00	15' ABD **
15,15	15' STRETCHING *	15,15	15' STRETCHING *	15,15	15' STRETCHING *	15,15	15' STRETCHING *	15,15	15' STRETCHING *	11,30	30' BURN ***	11,30	30' BURN ***
19,30	15' ABD **	17,15	30' BURN ***	19,30	15' ABD **	17,15	30' BURN ***	19,30	30' BURN ***	13,00	15' ABD **	13,00	15' ABD **
20,00	45' C.CORREDOR ***	19,15	15' ABD **	20,00	45' C.CORREDOR ***	19,15	15' ABD **	20,00	15' STRETCHING *	13,30	15' STRETCHING *	13,30	15' STRETCHING *
20,30	15' ABD **	20,15	15' ABD **	20,30	15' ABD **	20,15	15' ABD **	20,30	15' ABD **				

INTENSIDAD CARDIOV.

* BAJA
** MEDIA
*** ALTA



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