

CLASES COLECTIVAS TEMPORADA 2023-2024

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

Actividad no incluida en los Bonos



CLASES COLECTIVAS SALA FITNESS TEMPORADA 2023-2024

HORA	LUNES	HORA	MARTES	HORA	MIÉRCOLES	HORA	JUEVES	HORA	VIERNES	HORA	SÁBADO	HORA	DOMINGO
15,00	15' ABD **	14,30	30' BURN ***	15,00	15' ABD **	14,30	30' BURN ***	15,15	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 *	15,30	15' STRETCHING *	11,30	30' BURN ***	11,30	30' BURN ***
19,25	30' BODY FIT ***	17,15	30' BURN ***	19,25	30' BODY FIT ***	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 *				
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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