

HORARIO ONFITNESS CENTER TEMPORADA 2018-2019

	SALA	LUNES	SALA	MARTES	SALA	MIÉRCOLES	SALA	JUEVES	SALA	VIERNES	SALA	SÁBADO	SALA	DOMINGO
7:15	F	REMOLASTIC (45')	F	ZONA ON (45')	1		F	FUNCIONAL	1	E CORE & STRETCH (45')				
8:15	1	POWER PILATES (40')	1		F	CORE (30')	F	FUNCIONAL CARDIO(45')	3	PILATES				
9:00			F	MANTENTE ON (45')										
9:15	B	AQUAFIT			B	AQUAFIT								
	1	GAP (45')			1		1		1					
9:30					F	ZONA ON (45')	2							
9:45			F	RUNNING FUNCIONAL(45')							F	ELEVATE (45')		
10:00	1	CORE (30')							B	***AQUAMAMIS				
10:15													1	CORE (30')
10:30	1		1		C	CICLO INDOOR	1		C	CICLO INDOOR	C	CICLO INDOOR		
	C	CICLO INDOOR	2	CORE (30')	1	PILATES	2	CORE (30')	C	CICLO INDOOR	F	ELEVATE (45')		
11:00			3	Foam Roll (20')			3	Foam Roll (20')					1	
11:15			B	***AQUAMAMIS										
11:30	3	*TÉCNICAS HIPOPRESIVAS (45')	1		3	*TÉCNICAS HIPOPRESIVAS (45')	1	GAP (45')	3	YOGA (75')	C	CICLO INDOOR		
12:15							B	***AQUAMAMIS					1	
14:00	1		F	ELEVATE (30')	1		1	CORE (30')	F	ZONA ON (45')				
14:30	F	FUNCIONAL CARDIO(45')	C	CICLO INDOOR			C	CICLO INDOOR						
			1	CORE (30')			3	*TÉCNICAS HIPOPRESIVAS (45')						
15:30														
17:00	B	***AQUAMAMIS					3	YOGA (75')						
17:15			1											
18:00					B	***AQUAMAMIS	B	***AQUAMAMIS	1	TBC (45')				
18:15	2		1		1		1							
	1		3	PILATES	2	GAP (45')	3	PILATES						
	OUT	CROSS TRAINING (45')	F	HIIT (45')	F	ZONA ON (45')	F	KETTLEBELL 45'						
18:30	C	CICLO INDOOR												
18:50									1	30'				
19:15	1		1		1		1							
	2													
	F	ZONA ON (45')	3	STRETCHING (30')			2	INTENSITY (45')	3	*TÉCNICAS HIPOPRESIVAS (45')				
19:30	C	CICLO INDOOR	C	CICLO INDOOR	C	CICLO INDOOR	C	CICLO INDOOR	C	CICLO INDOOR				
	3	KICK BOXING (90')			3	KICK BOXING (90')	3	BOXEO (90')	1	45'				
20:00			3	AIKIDO			2	STRETCHING (30')	3	AIKIDO				
20:15	1	YOGA (90')	1	*ESGRIMA (90')	1		1		1	CORE (30')				
	2	CORE (30')												
20:30	C	CICLO INDOOR	C	CICLO INDOOR	C	CICLO INDOOR								
21:15							F	FUNCIONAL CARDIO(45')						

LUNES A VIERNES DE 7 A 23 HAS / SÁBADOS DOMINGOS Y FESTIVOS DE 9 A 21 HAS
 PISCINA DE NADO DE 9 A 21 HAS DE LUNES A VIERNES / DE 9 A 15 HAS SÁBADOS DOMINGOS Y FESTIVOS
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*ACTIVIDAD FUERA DE CUOTA
 ***ACTIVIDAD CON LISTA DE INSCRIPCIÓN