



| HORA  | LUNES             | MARTES             | MIÉRCOLES           | JUEVES           | VIERNES       | SÁBADO     | DOMINGO       | HORA  |
|-------|-------------------|--------------------|---------------------|------------------|---------------|------------|---------------|-------|
| 08:00 | SC CICLO          |                    | SI I. WALKING       | SI I. WALKING    |               |            |               | 08:00 |
| 08:00 |                   | S4 B. PUMP         |                     |                  |               |            |               | 08:00 |
| 08:45 |                   |                    |                     | PI AQUAFITNESS   |               |            |               | 08:45 |
| 09:00 |                   | SC CICLO BASIC     |                     |                  |               |            |               | 09:00 |
| 09:00 |                   | S4 SH'BAM          | PI AQUAFITNESS      |                  |               |            |               | 09:00 |
| 09:00 | S4 B. PUMP        |                    |                     | S4 B. COMBAT     |               |            |               | 09:00 |
| 09:30 |                   |                    | SC CICLO            |                  | S4 ZUMBA      | SC CICLO   |               | 09:30 |
| 09:30 |                   | EX FORUS RUNNERS   |                     |                  |               |            | S4 B. COMBAT  | 09:30 |
| 09:45 |                   |                    |                     | SC CICLO         |               |            |               | 09:45 |
| 10:00 | PI AQUAFITNESS    |                    | S4 GAP              |                  |               |            |               | 10:00 |
| 10:00 | SI I. WALKING     |                    |                     |                  |               |            |               | 10:00 |
| 10:00 |                   | S4 B. COMBAT       |                     | S4 B. PUMP       |               |            |               | 10:00 |
| 10:30 |                   |                    | S2 PILATES BASIC    |                  |               |            |               | 10:30 |
| 10:30 |                   | S2 PILATES         |                     |                  | S2 B. BALANCE | S4 B. PUMP | SI I. WALKING | 10:30 |
| 10:45 |                   |                    |                     | S2 PILATES       |               |            |               | 10:45 |
| 11:00 |                   | PI AQUAFITNESS     | S4 ZUMBA            | S4 SH'BAM        |               |            |               | 11:00 |
| 11:00 | S2 B. BALANCE     |                    | S2 B. BALANCE       |                  |               |            |               | 11:00 |
| 11:30 |                   | SC CICLO           |                     |                  | SI I. WALKING |            |               | 11:30 |
| 11:30 |                   |                    |                     |                  |               | S2 PILATES | S2 B. BALANCE | 11:30 |
| 12:00 |                   | S4 PUMP BASIC      |                     |                  |               |            |               | 12:00 |
| 12:00 | S4 ZUMBA          |                    | SI I. WALKING       |                  |               |            |               | 12:00 |
| 12:30 |                   |                    |                     |                  |               | S4 ZUMBA   |               | 12:30 |
| 12:30 |                   |                    |                     |                  |               |            | S4 B. PUMP    | 12:30 |
| 14:15 | S4 GAP            |                    |                     |                  |               |            |               | 14:15 |
| 14:30 |                   |                    |                     | SC CICLO         |               |            |               | 14:30 |
| 14:30 |                   |                    | S2 PILATES          |                  |               |            |               | 14:30 |
| 14:45 |                   | SI I. WALKING 30'  |                     |                  |               |            |               | 14:45 |
| 15:00 |                   |                    |                     |                  | S4 B. PUMP    |            |               | 15:00 |
| 15:15 | SC CICLO 30'      |                    |                     |                  |               |            |               | 15:15 |
| 15:15 |                   | S2 B. BALANCE      |                     |                  |               |            |               | 15:15 |
| 15:30 |                   |                    | S4 PUMP 30'         | S4 COMBAT 30'    |               |            |               | 15:30 |
| 17:00 | S2 BAILE 4-7      | EX MULTIDEPORTE 8- | EX PREDEPORTE 4-7   | S2 BAILE 8-11    |               |            |               | 17:00 |
| 17:30 | S4 COMBAT BASIC   |                    |                     |                  |               |            |               | 17:30 |
| 17:30 |                   | S2 GAP             |                     | SC CICLO         |               |            |               | 17:30 |
| 17:45 |                   |                    | SC CICLO            |                  |               |            |               | 17:45 |
| 18:00 |                   | S4 SH'BAM+12       |                     |                  |               |            |               | 18:00 |
| 18:00 |                   | SI I. WALKING      |                     |                  |               |            |               | 18:00 |
| 18:00 | S4 B. PUMP        |                    | S4 COMBAT+12        | S2 PILATES+12    |               |            |               | 18:00 |
| 18:15 |                   |                    | S2 ABDOMINALES      |                  |               |            |               | 18:15 |
| 18:15 | SC CICLO          |                    |                     |                  |               |            |               | 18:15 |
| 18:15 |                   |                    | PI AQUAFITNESS      |                  |               |            |               | 18:15 |
| 18:30 |                   |                    |                     | SI I. WALKING    | S4 ZUMBA      |            |               | 18:30 |
| 18:30 |                   | S2 B. BALANCE      |                     |                  |               |            |               | 18:30 |
| 18:45 |                   |                    | SI I. WALKING BASIC |                  |               |            |               | 18:45 |
| 18:45 |                   |                    |                     | S4 SH'BAM        |               |            |               | 18:45 |
| 18:45 | S2 PILATES        | EX FORUS RUNNERS   |                     |                  |               |            |               | 18:45 |
| 18:45 |                   |                    | S2 B. BALANCE       |                  |               |            |               | 18:45 |
| 19:00 | S4 SH'BAM         |                    | S4 ZUMBA            |                  | SC CICLO      |            |               | 19:00 |
| 19:00 |                   | S4 B. PUMP         |                     | S2 PILATES       |               |            |               | 19:00 |
| 19:15 | SI I. WALKING     | SC CICLO           |                     |                  |               |            |               | 19:15 |
| 19:15 |                   |                    | PI FORUS SWIMMERS   |                  |               |            |               | 19:15 |
| 19:30 |                   |                    |                     | ZM ABDOMINALES   |               |            |               | 19:30 |
| 19:30 | PI AQUAFITNESS    | PI AQUAFITNESS     |                     |                  |               |            |               | 19:30 |
| 19:30 |                   |                    |                     |                  | S4 B. PUMP    |            |               | 19:30 |
| 19:45 | S2 ABDOMINALES    | ZM ABDOMINALES     |                     |                  |               |            |               | 19:45 |
| 19:45 |                   |                    | S2 PILATES          | S4 B. COMBAT     |               |            |               | 19:45 |
| 20:00 |                   | S4 ZUMBA           | S4 GAP              |                  |               |            |               | 20:00 |
| 20:00 | S4 B. COMBAT      |                    |                     | EX FORUS RUNNERS | S2 B. BALANCE |            |               | 20:00 |
| 20:00 |                   |                    |                     | S2 B. BALANCE    |               |            |               | 20:00 |
| 20:15 | SC FORUS BIKERS   |                    |                     |                  |               |            |               | 20:15 |
| 20:15 | PI FORUS SWIMMERS | S2 PILATES         |                     |                  |               |            |               | 20:15 |
| 20:30 |                   | SI I. WALKING      | SC FORUS BIKERS     |                  |               |            |               | 20:30 |
| 20:30 | S2 B. BALANCE     |                    |                     |                  |               |            |               | 20:30 |
| 20:45 |                   |                    |                     | S4 B. PUMP       |               |            |               | 20:45 |
| 21:00 |                   |                    | SI I. WALKING       |                  |               |            |               | 21:00 |
| 21:15 |                   |                    |                     | SC CICLO         |               |            |               | 21:15 |
| 21:15 | S4 FITNESS        | S4 B. COMBAT       |                     |                  |               |            |               | 21:15 |

Las actividades marcadas con una estrella son actividades con reserva previa

Las actividades marcadas con estrella son actividades con reserva previa.  
 La empresa atendiendo a razones objetivas y avisando con la debida antelación, se reserva el derecho de cambio, ampliación o anulación de las actividades.  
 Las actividades +12, podrán asistir todos los usuarios mayores de 12 años, teniendo prioridad los usuarios de edad comprendida entre los 12 y los 15.  
 Las actividades 30, BASIC y Abdominales tendrán una duración 30 min.