

HORARIO SEGOVIA

De lunes a viernes: de 08:00 a 22:30h

Sábados: de 09:00 a 20:00h

Domingos y festivos: de 09:00 a 15:00h

■ CUERPO Y MENTE

■ ACUÁTICAS

■ TONIFICACIÓN

■ CARDIOVASCULARES

■ COREOGRAFIADAS

■ JUNIOR Y FAMILIARES

■ SENIOR

■ RAQUETA

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | HORA |
|-------|--------------------|---------------------|--------------------|-----------------------|---------------------|------------------|------------------|-------|
| 08:15 | S2 CICLO | S1 B. PUMP | S4 I. WALKING | S1 B. COMBAT | | | | 08:15 |
| 08:30 | | | | | S2 CICLO | | | 08:30 |
| 09:00 | S4 I. WALKING | | S1 FITNESS | S3 PILATES | | | | 09:00 |
| 09:15 | | S1 GAP | | S1 B. PUMP | | | | 09:15 |
| 09:15 | S3 B. BALANCE | S2 CICLO | S3 PILATES | S2 CICLO | S4 I. WALKING ★ | | | 09:15 |
| 09:30 | S1 B. PUMP | S3 YOGA | S2 CICLO | | S1 ZUMBA | S2 CICLO | | 09:30 |
| 09:30 | | AL RUNNERS INI | | | | | | 09:30 |
| 09:45 | | | | | | | S1 ABDOMINALES | 09:45 |
| 10:00 | | EX PÁDEL FREE | S1 B. COMBAT | S3 EN FORMA | S3 PILATES | S3 PILATES | S3 B. COMBAT | 10:00 |
| 10:00 | S2 CICLO | | | | | | | 10:00 |
| 10:00 | PI AQUAFITNESS ★ | S4 I. WALKING ★ | | | | | S2 CICLO | 10:00 |
| 10:15 | S3 PILATES | S1 SH'BAM | S3 B. BALANCE | S1 B. ATTACK | S2 CICLO | | S1 B. PUMP | 10:15 |
| 10:15 | | PI AQUADYNAMIC ★ | PI AQUAFITNESS ★ | PI AQUAFITNESS ★ | PI FORUS SWIMMERS | | | 10:15 |
| 10:30 | S1 ZUMBA ★ | S3 PILATES | S2 CICLO | S1 B. PUMP | S1 B. PUMP | S1 SH'BAM | | 10:30 |
| 11:00 | PI AQUADYNAMIC | S2 CICLO | S1 B. PUMP | S3 B. BALANCE | S3 MAMÁS Y BEBÉS | S2 CICLO ★ | S3 B. BALANCE ★ | 11:00 |
| 11:15 | S2 CICLO | S1 EN FORMA | PI AQUADYNAMIC | S2 CICLO | PI AQUAFITNESS ★ | | S2 CICLO ★ | 11:15 |
| 11:15 | | S4 I. WALKING | | S1 ZUMBA | | | S1 SH'BAM | 11:15 |
| 11:30 | S1 B. COMBAT | S3 COMBAT 30' | S3 CXWORX | | S1 ABDOMINALES | S3 B. BALANCE | | 11:30 |
| 11:45 | | PI AQUAFITNESS | | | | | | 11:45 |
| 12:00 | | | S1 SH'BAM | S3 PILATES BASIC | S2 CICLO 30' | S1 B. PUMP | S3 PILATES | 12:00 |
| 12:15 | S3 CXWORX | S2 CICLO BASIC | S3 HIPOPRESIVOS | S1 GAP | PI AQUADYNAMIC | | S1 B. ATTACK | 12:15 |
| 12:15 | | | | S2 FORUS BIKERS | | | S4 I. WALKING ★ | 12:15 |
| 12:30 | S1 ESTIRAMIENTOS | | | S4 I. WALKING | | S2 CICLO | | 12:30 |
| 13:00 | | | | | | PI FAMILIAR | | 13:00 |
| 13:00 | | | S4 I. WALKING | | | AL RUNNERS INI | S3 ESTIRAMIENTOS | 13:00 |
| 13:15 | | | | | | | S1 ZUMBA ★ | 13:15 |
| 13:30 | | | | | | S1 COMBAT-CXWORX | | 13:30 |
| 13:30 | | | | | | S3 ESTIRAMIENTOS | | 13:30 |
| 14:15 | S2 CICLO | | | | | | | 14:15 |
| 14:30 | | S1 B. COMBAT | S2 CICLO | S1 B. PUMP | S4 I. WALKING | | | 14:30 |
| 15:15 | S3 B. BALANCE | | | | | | | 15:15 |
| 15:30 | | | S1 CXWORX | S3 YOGA | S1 PUMP 30' | | | 15:30 |
| 15:45 | | S3 PILATES | | | | | | 15:45 |
| 16:00 | S1 HIPOPRESIVOS | | S1 GAP | | | | | 16:00 |
| 16:15 | S3 YOGA | S1 SH'BAM | | | | | | 16:15 |
| 16:30 | | | S3 EMBARAZADAS | S1 ZUMBA | | | | 16:30 |
| 16:45 | | S3 COMBAT BASIC | | | S1 ZUMBA | | | 16:45 |
| 17:00 | S1 PUMP BASIC | S2 CICLO | S1 SH'BAM+12 | | S2 FORUS BIKERS | | | 17:00 |
| 17:15 | S3 MULTIDEPORTE 8- | S3 BAILE 4-7 | S4 I. WALKING | | | | | 17:15 |
| 17:15 | S2 CICLO | S1 GAP | S2 CICLO | S3 KIDS RUNNERS 8- | S4 I. WALKING 30' | S2 CICLO+12 | | 17:15 |
| 17:30 | S1 FITNESS | S4 I. WALKING BASIC | S3 PSICOMOTRICIDAD | S1 COMBAT+12 | S3 ATTACK-CXWORX | | | 17:30 |
| 17:30 | S4 I. WALKING | | | | | | | 17:30 |
| 17:45 | | | | S4 I. WALKING BASIC ★ | S1 COMBAT 30' | | | 17:45 |
| 18:00 | | AL FORUS RUNNERS | | | | | | 18:00 |
| 18:00 | | S2 CICLO | S1 PUMP-CXWORX | S2 CICLO | S2 CICLO | | | 18:00 |
| 18:15 | S2 CICLO | S1 ZUMBA ★ | S2 CICLO | S3 B. BALANCE | S1 B. PUMP | S1 ZUMBA | | 18:15 |
| 18:15 | S3 PILATES | | AL FORUS RUNNERS | ZM ABDOMINALES | | | | 18:15 |
| 18:30 | S1 SH'BAM ★ | | | | | | | 18:30 |
| 18:30 | ZM FUNCIONAL | S3 B. BALANCE | S3 B. ATTACK | S1 SH'BAM ★ | S3 PILATES ★ | | | 18:30 |
| 18:45 | | | | AL RUNNERS INI | | | | 18:45 |
| 19:00 | AL FORUS RUNNERS | S2 CICLO | S1 ZUMBA ★ | ZM FUNCIONAL | PI AQUAFITNESS | | | 19:00 |
| 19:00 | S4 I. WALKING ★ | PI AQUAFITNESS | | | | | | 19:00 |
| 19:00 | | EX PÁDEL FREE | | | | | | 19:00 |
| 19:15 | | | | PI AQUAFITNESS | | | | 19:15 |
| 19:15 | S2 CICLO | S1 B. PUMP ★ | S2 CICLO | S2 CICLO | S1 SH'BAM ★ | | | 19:15 |
| 19:15 | S3 GAP | S4 I. WALKING ★ | | S3 PILATES | | | | 19:15 |
| 19:30 | S1 B. COMBAT ★ | S3 YOGA | S4 I. WALKING ★ | S4 I. WALKING ★ | S3 B. BALANCE ★ | | | 19:30 |
| 19:30 | | ZM ABDOMINALES | PI AQUADYNAMIC | S1 B. PUMP ★ | | | | 19:30 |
| 19:30 | | | S3 HIPOPRESIVOS ★ | | | | | 19:30 |
| 20:00 | ZM ESTIRAMIENTOS | S2 CICLO | S1 B. COMBAT | | S2 CICLO | | | 20:00 |
| 20:00 | S4 I. WALKING ★ | ZM FUNCIONAL | EX PÁDEL FREE | | | | | 20:00 |
| 20:00 | EX PÁDEL FREE | PI AQUADYNAMIC | | | | | | 20:00 |
| 20:15 | S2 CICLO | S1 B. COMBAT ★ | ZM ESTIRAMIENTOS | S2 CICLO | S1 CROSS TRAINING ★ | | | 20:15 |
| 20:15 | S3 B. BALANCE ★ | S4 I. WALKING ★ | | AL RUNNERS AV | | | | 20:15 |
| 20:30 | | | | S3 CXWORX | | | | 20:30 |
| 20:30 | | | | S1 ZUMBA ★ | | | | 20:30 |
| 20:30 | S1 B. PUMP ★ | S3 CXWORX | S2 CICLO ★ | PI FORUS SWIMMERS | | | | 20:30 |
| 20:30 | PI AQUADYNAMIC | PI FORUS SWIMMERS | S3 ABDOMINALES | S4 I. WALKING ★ | S3 B. COMBAT | | | 20:30 |
| 20:45 | | | S4 I. WALKING | | | | | 20:45 |
| 21:00 | | S3 PILATES | S1 B. PUMP | S3 B. ATTACK | | | | 21:00 |
| 21:00 | | | S3 B. BALANCE | | | | | 21:00 |
| 21:15 | S2 CICLO | S2 CICLO | | S2 CICLO | S1 HIPOPRESIVOS | | | 21:15 |
| 21:15 | S3 ZUMBA | S1 CROSS TRAINING | | | | | | 21:15 |
| 21:30 | S1 CXWORX | | | | | | | 21:30 |

Las actividades marcadas con una estrella son actividades con reserva previa

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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, Abdomen, Cx-Worx, E. Funcional, Estiramientos y F. Runners Ini. tendrán una duración de 30 min. Las actividades familiares están dirigidas a niños acompañados de adultos. Pádel: clases partido gratuitas para abonados.