

| HORA  | LUNES              | MARTES              | MIÉRCOLES           | JUEVES             | VIERNES             | SÁBADO            | DOMINGO         | HORA              |       |
|-------|--------------------|---------------------|---------------------|--------------------|---------------------|-------------------|-----------------|-------------------|-------|
| 08:15 | SC CICLO           | IW I. WALKING       |                     | SC CICLO           | S2 B. BALANCE       |                   |                 | 08:15             |       |
| 08:30 |                    |                     | S1 B. PUMP          |                    |                     |                   |                 | 08:30             |       |
| 08:45 | PI FORUS SWIMMERS  |                     |                     |                    |                     |                   |                 | 08:45             |       |
| 09:00 |                    |                     |                     | S2 CROSS TRAINING  | PI FORUS SWIMMERS   |                   |                 | 09:00             |       |
| 09:15 |                    | S1 COMBAT 30'       |                     |                    |                     |                   |                 | 09:15             |       |
| 09:15 | ZF ESTIRAMIENTOS   | S2 HIPOPRESIVOS     | IW I. WALKING       |                    | S1 B. COMBAT        |                   | IW I. WALKING   | 09:15             |       |
| 09:30 |                    | PI AQUAFITNESS      | S2 CXWORX           | EX FORUS RUNNERS   | S2 PILATES          | SC CICLO          |                 | 09:30             |       |
| 09:45 | S2 PILATES         | ★                   |                     | IW I. WALKING      |                     |                   |                 | 09:45             |       |
| 09:45 | SC CICLO           | S1 B. PUMP          | S1 ZUMBA            | S1 EN FORMA        | ★                   |                   |                 | 09:45             |       |
| 10:00 | PI AQUADYNAMIC     | ★                   | EX FORUS RUNNERS    | S2 B. BALANCE      | S2 ATTACK-CXWORX    | IW I. WALKING     | S2 B. BALANCE   | S2 PILATES        | 10:00 |
| 10:00 | S1 B. COMBAT       | IW I. WALKING       |                     |                    |                     | PI AQUADYNAMIC    | S1 COMBAT BASIC | S5 ZUMBA MIX 4-11 | 10:00 |
| 10:15 |                    | S2 PILATES          | SC CICLO            |                    |                     |                   |                 | SC CICLO          | 10:15 |
| 10:15 |                    |                     | PI AQUADYNAMIC      | ★                  | S1 EN FORMA         |                   | S1 B. ATTACK    |                   | 10:15 |
| 10:30 |                    |                     |                     |                    |                     | S1 B. PUMP        |                 |                   | 10:30 |
| 10:30 |                    |                     |                     | SC CICLO           | S2 SH'BAM           | IW I. WALKING     |                 |                   | 10:30 |
| 10:45 | IW I. WALKING      | S1 B. ATTACK        | S1 PUMP 30'         | S1 ZUMBA           |                     |                   |                 |                   | 10:45 |
| 10:45 | S2 YOGA            |                     |                     | PI AQUADYNAMIC     |                     |                   |                 |                   | 10:45 |
| 11:00 | PI AQUAFITNESS     |                     |                     |                    |                     |                   |                 |                   | 11:00 |
| 11:00 | S1 B. PUMP         | SC CICLO            | S2 PILATES          | S2 B. BALANCE      | SC CICLO            | S2 ZUMBA          | S5 DINAMIZACIÓN |                   | 11:00 |
| 11:15 |                    | S2 EN FORMA         | ★                   | SC CICLO           | S1 PUMP-CXWORX      |                   | S1 B. PUMP      |                   | 11:15 |
| 11:15 |                    |                     | S1 DANCE            |                    |                     |                   | IW I. WALKING   |                   | 11:15 |
| 11:15 |                    |                     | EX PÁDEL FREE       | ★                  |                     |                   |                 |                   | 11:15 |
| 11:30 |                    |                     | PI AQUAFITNESS      | SC FORUS BIKERS    | S2 YOGA             | S1 B. COMBAT      | S5 CROSS FAMILY |                   | 11:30 |
| 11:30 |                    |                     |                     |                    |                     | SC CICLO          | S2 B. BALANCE   |                   | 11:30 |
| 11:45 | SC CICLO 30'       | S1 SH'BAM           |                     | IW I. WALKING      |                     |                   |                 |                   | 11:45 |
| 11:45 | S2 ZUMBA           |                     |                     | S1 B. PUMP         |                     |                   |                 |                   | 11:45 |
| 12:00 | S1 EN FORMA        |                     | S2 ABDOMINALES      | S2 MAMÁS Y BEBÉS   |                     | S2 PILATES        |                 |                   | 12:00 |
| 12:15 |                    | S2 B. BALANCE       | S1 B. COMBAT        |                    |                     |                   | ZF ABDOMINALES  |                   | 12:15 |
| 12:30 |                    |                     | S2 HIPOPRESIVOS     |                    |                     | ZF FUNCIONAL      | S2 SH'BAM       |                   | 12:30 |
| 12:30 |                    |                     |                     |                    |                     | S1 ZUMBA FAMILY   |                 |                   | 12:30 |
| 12:45 |                    |                     |                     | ZF ABDOMINALES     |                     |                   | SC CICLO        |                   | 12:45 |
| 14:15 | PI FORUS SWIMMERS  | ZF ABDOMINALES      |                     |                    |                     |                   |                 |                   | 14:15 |
| 14:30 | S1 B. PUMP         | S2 PILATES          | PI FORUS SWIMMERS   | SC CICLO           | S2 CROSS TRAINING   |                   |                 |                   | 14:30 |
| 14:45 |                    | SC CICLO            | IW I. WALKING       | S2 B. BALANCE      |                     |                   |                 |                   | 14:45 |
| 16:30 |                    |                     |                     |                    | S2 PILATES BASIC    |                   |                 |                   | 16:30 |
| 17:00 |                    |                     |                     | EX RUNNERS INI     |                     |                   |                 |                   | 17:00 |
| 17:00 |                    | IW I. WALKING       |                     |                    | S1 PUMP BASIC       |                   |                 |                   | 17:00 |
| 17:00 |                    |                     |                     | S1 B. PUMP         | S2 EMBARAZADAS      |                   |                 |                   | 17:00 |
| 17:15 |                    |                     | PI AQUA GAMES 4-7   |                    | SC CICLO            |                   |                 |                   | 17:15 |
| 17:15 |                    | S1 PUMP 30'         |                     |                    |                     |                   |                 |                   | 17:15 |
| 17:30 | S1 DANCE           | S2 GYM GAMES 4-7    | S1 ZUMBA            | IW I. WALKING      | S1 GAP              | S5 CROSS MIX 4-11 |                 |                   | 17:30 |
| 17:30 | SC CICLO           | S5 GYM KIDS 8-11    |                     | S5 BODY GAMES 4-7  |                     |                   |                 |                   | 17:30 |
| 17:45 | PI AQUA GAMES 4-7  | S1 B. COMBAT        | SC CICLO 30'        |                    |                     |                   |                 |                   | 17:45 |
| 18:00 |                    |                     | S2 PILATES          | S1 B. ATTACK       | S2 HIPOPRESIVOS     | SC CICLO          |                 |                   | 18:00 |
| 18:00 | IW I. WALKING      | SC CICLO            |                     |                    |                     |                   |                 |                   | 18:00 |
| 18:15 | S2 B. BALANCE      |                     | PI AQUASPORTKIDS 8- | S2 YOGA            | IW I. WALKING       |                   |                 |                   | 18:15 |
| 18:30 | S1 B. PUMP         | S2 CXWORX           | S1 GAP              | SC CICLO           | S1 B. COMBAT        | S5 DINAMIZACIÓN   |                 |                   | 18:30 |
| 18:30 |                    | S5 SH'BAM KIDS 8-11 | SC CICLO            | S5 SPORT KIDS 8-11 | S5 EXPRESSION GAMES |                   |                 |                   | 18:30 |
| 18:45 | S5 SPORT KIDS 8-11 | PI AQUADYNAMIC      | IW I. WALKING       |                    |                     |                   |                 |                   | 18:45 |
| 18:45 | SC CICLO           | S1 SH'BAM           |                     |                    | PI AQUAFITNESS      |                   |                 |                   | 18:45 |
| 19:00 | EX PÁDEL FREE      | ★                   | S2 B. BALANCE       | S2 YOGA            | S1 B. COMBAT        | S2 PILATES        | S1 B. PUMP      |                   | 19:00 |
| 19:00 |                    | IW I. WALKING       |                     | PI AQUADYNAMIC     |                     | PI AQUA FAMILY    |                 |                   | 19:00 |
| 19:15 | PI AQUADYNAMIC     |                     |                     |                    |                     |                   |                 |                   | 19:15 |
| 19:15 | S2 PILATES         | SC CICLO            | PI AQUAFITNESS      | S2 B. BALANCE      | SC CICLO MAX        |                   |                 |                   | 19:15 |
| 19:30 | S1 B. ATTACK       | ZF FUNCIONAL        | S1 B. PUMP          | IW I. WALKING      | S5 GYM KIDS 8-11    |                   |                 |                   | 19:30 |
| 19:30 |                    |                     | EX RUNNERS AV       | EX PÁDEL FREE      | ★                   | S1 ZUMBA          |                 |                   | 19:30 |
| 19:45 | EX FORUS RUNNERS   | S1 ATTACK-PUMP      | SC CICLO            | SC CICLO           |                     |                   |                 |                   | 19:45 |
| 19:45 | ZF FUNCIONAL       |                     |                     |                    |                     |                   |                 |                   | 19:45 |
| 20:00 | SC CICLO           | S2 ABDOMINALES      | S2 B. BALANCE       | S1 ZUMBA           | ★                   |                   |                 |                   | 20:00 |
| 20:00 |                    | IW I. WALKING 30'   |                     | ZF FUNCIONAL       | S2 CXWORX           |                   |                 |                   | 20:00 |
| 20:00 |                    | EX FORUS RUNNERS    |                     |                    | EX PÁDEL FREE       | ★                 |                 |                   | 20:00 |
| 20:15 | IW I. WALKING      |                     |                     |                    |                     |                   |                 |                   | 20:15 |
| 20:15 | S2 ZUMBA           | ★                   |                     | S2 PILATES         |                     |                   |                 |                   | 20:15 |
| 20:30 | S1 GAP             | S2 YOGA             | S1 B. COMBAT        |                    | S1 B. PUMP          |                   |                 |                   | 20:30 |
| 20:30 |                    | SC CICLO            |                     |                    |                     |                   |                 |                   | 20:30 |
| 20:45 |                    | S1 ZUMBA            | IW I. WALKING       | SC FORUS BIKERS    | ZF ESTIRAMIENTOS    |                   |                 |                   | 20:45 |
| 21:00 |                    |                     | EX TENIS FREE       | ★                  | IW I. WALKING       |                   |                 |                   | 21:00 |
| 21:00 |                    |                     | S2 CROSS TRAINING   |                    |                     |                   |                 |                   | 21:00 |
| 21:15 | S2 YOGA            |                     |                     |                    |                     |                   |                 |                   | 21:15 |
| 21:15 | SC CICLO           |                     | PI FORUS SWIMMERS   |                    |                     |                   |                 |                   | 21:15 |
| 21:15 | PI FORUS SWIMMERS  |                     |                     |                    |                     |                   |                 |                   | 21:15 |
| 21:30 |                    | S2 HIPOPRESIVOS     | S1 SH'BAM           |                    |                     |                   |                 |                   | 21:30 |

La empresa, atendiendo a razones objetivas y avisando con la debida antelación, se reserva el derecho de cambio, ampliación o anulación de las actividades.  
 El acceso a las AADD está limitado por razones de edad. Consulta la normativa de acceso en recepción al respecto.  
 Las actividades 30, BASIC, Abdomen, Cx-Worx, Funcional, Estiramientos y F Runners Ini. tendrán una duración de 25 min.  
 Las actividades familiares están dirigidas a niños acompañados de adultos.  
 Las actividades marcadas con una estrella (\*) son de reserva previa desde 30 min antes de la hora de inicio de la actividad a excepción de las actividades acuáticas, que serán con 45 min.  
 La actividad Pádel Free requiere reserva previa en recepción. Infórmate en la recepción del centro.  
 La actividad Tenis Free requiere reserva previa en recepción. Infórmate en la recepción del centro.