



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA
07:30	SC CICLO	S1 B. PUMP						07:30
07:45					S1 B. COMBAT			07:45
09:15	S2 ABDOMINALES	S1 EN FORMA	S2 PILATES	PI AQUADYNAMIC	PI FORUS SWIMMERS			09:15
09:30	S1 ZUMBA		S1 B. PUMP	S2 B. BALANCE	S2 GAP			09:30
09:30				S1 B. COMBAT	S1 B. PUMP			09:30
09:45	S2 PILATES	SC CICLO					PI AQUAFITNESS	09:45
10:00	AL FORUS RUNNERS	S2 B. BALANCE	PI AQUAFITNESS		AL PÁDEL FREE	SC CICLO		10:00
10:15	PI FORUS SWIMMERS	S1 SH'BAM	S2 YOGA	SC CICLO				10:15
10:30	S1 B. PUMP		S1 ZUMBA	S2 YOGA	SC CICLO	S1 B. PUMP	S2 SH'BAM	10:30
10:30				S1 SH'BAM	S2 YOGA		S1 B. PUMP	10:30
10:30					S1 ZUMBA			10:30
10:45	S2 B. BALANCE	PI AQUADYNAMIC						10:45
11:00	AL PÁDEL FREE							11:00
11:00	SC CICLO	S2 PILATES	SC CICLO		AL TENIS FREE	S2 PILATES		11:00
11:15	PI AQUAFITNESS	S1 B. COMBAT	S2 B. BALANCE					11:15
11:30			S1 GAP		S1 B. COMBAT	S1 ZUMBA	S1 B. COMBAT	11:30
11:30					S2 PILATES			11:30
11:45	S2 YOGA			S1 B. PUMP			SC CICLO	11:45
12:00			AL PÁDEL FREE					12:00
12:30						PI AQUAFITNESS	S2 B. BALANCE	12:30
12:30						S1 B. COMBAT		12:30
14:15	S1 PUMP-CXWORX	SC CICLO		PI FORUS SWIMMERS				14:15
15:15	FU FUNCIONAL			FU FUNCIONAL				15:15
15:30		S2 B. BALANCE	S1 B. COMBAT		S1 B. PUMP			15:30
15:45	SC CICLO			SC CICLO				15:45
16:30		S2 ABDOMINALES	S1 ABDOMINALES					16:30
17:00	S1 B. COMBAT							17:00
17:30			S1 B. PUMP	S1 ZUMBA				17:30
17:45				S2 B. BALANCE				17:45
18:00	S1 GAP	S1 SH'BAM	SC CICLO		S2 PILATES			18:00
18:15	SC CICLO		S2 B. BALANCE					18:15
18:30	AL PÁDEL FREE	S2 PILATES	AL PÁDEL FREE		AL TENIS FREE			18:30
18:30	S2 B. BALANCE	SC CICLO	S1 GAP	S1 B. COMBAT	S1 SH'BAM			18:30
18:45				S2 YOGA				18:45
19:00	PI AQUADYNAMIC	S1 B. PUMP		SC CICLO	SC CICLO			19:00
19:00		PI AQUAFITNESS						19:00
19:15			S2 PILATES					19:15
19:15			PI AQUADYNAMIC					19:15
19:30	S1 ZUMBA		S1 ZUMBA	PI AQUAFITNESS				19:30
19:30				AL PÁDEL FREE				19:30
19:30	S2 ABDOMINALES	S2 B. BALANCE	SC CICLO	S1 SH'BAM	S1 B. PUMP			19:30
20:00	AL FORUS RUNNERS	PI FORUS SWIMMERS						20:00
20:00	S2 PILATES	S1 B. COMBAT		S2 PILATES	S2 B. BALANCE			20:00
20:15			S2 YOGA					20:15
20:30	S1 B. PUMP	S2 ZUMBA	S1 B. COMBAT	S1 B. PUMP	S1 ZUMBA			20:30
20:30	SC CICLO							20:30
21:00	S2 CROSS TRAINING	SC CICLO	AL FORUS RUNNERS	S2 CROSS TRAINING				21:00
21:00				PI FORUS SWIMMERS				21:00