

Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30							
10:30							
15:15							
17:30							
18:00							
18:15							
18:30							
19:00							
19:15							
19:30							
20:15							
21:15							

Sala 2

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30							
18:00							
19:00							

Sala Fitness

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:00							
10:30							
19:30							

RECUERDA MANTENER LA DISTANCIA DE SEGURIDAD.





Piscina

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:15	AQAEROBIC	AQASALUD	AQAFITNESS	AQAEROBIC	AQAFITNESS		
10:15	AQAFITNESS	AQAEROBIC	AQASALUD	AQAFITNESS	AQAEROBIC		
15:30	AQASALUD		AQAEROBIC				
19:15	AQAEROBIC	AQAFITNESS	AQAFITNESS	AQAEROBIC	AQAFITNESS		

Sala 1 - sesiones virtuales

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30	LEVEL 1 SYBAM VIRTUPL 30'		LEVEL 1 BODYBALANCE VIRTUPL 30'		LEVEL 1 BODYBALANCE VIRTUPL 30'		
08:30		LEVEL 1 BODYBALANCE VIRTUPL 30'		LEVEL 1 SYBAM VIRTUPL 30'			
09:30						LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'
11:00						LEVEL 1 BODYCOMBAT VIRTUPL 30'	LEVEL 1 BODYCOMBAT VIRTUPL 30'
12:30		LEVEL 1 BODYBALANCE VIRTUPL 30'		LEVEL 1 SYBAM VIRTUPL 30'			
13:30	LEVEL 1 BODYCOMBAT VIRTUPL 30'	LEVEL 1 SYBAM VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 BODYCOMBAT VIRTUPL 30'	LEVEL 1 SYBAM VIRTUPL 30'		
14:00	LEVEL 1 BODYBALANCE VIRTUPL 30'		LEVEL 1 SYBAM VIRTUPL 30'		LEVEL 1 BODYCOMBAT VIRTUPL 30'	LEVEL 1 SYBAM VIRTUPL 30'	
14:30		LEVEL 1 BODYCOMBAT VIRTUPL 30'		LEVEL 1 BODYCOMBAT VIRTUPL 30'			
15:00	LEVEL 1 BODYCOMBAT VIRTUPL 30'	LEVEL 1 SYBAM VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 SYBAM VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	
15:30	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 SYBAM VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 BODYCOMBAT VIRTUPL 30'		
16:00	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 BODYCOMBAT VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 BODYCOMBAT VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 SYBAM VIRTUPL 30'	
16:30	LEVEL 1 SYBAM VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 BODYCOMBAT VIRTUPL 30'	LEVEL 1 SYBAM VIRTUPL 30'	LEVEL 1 BODYCOMBAT VIRTUPL 30'		
17:00	LEVEL 1 BODYCOMBAT VIRTUPL 30'	LEVEL 1 SYBAM VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'	LEVEL 1 SYBAM VIRTUPL 30'	LEVEL 1 BODYCOMBAT VIRTUPL 30'	
17:30	LEVEL 1 BODYBALANCE VIRTUPL 30'		LEVEL 1 SYBAM VIRTUPL 30'	LEVEL 1 BODYCOMBAT VIRTUPL 30'	LEVEL 1 BODYBALANCE VIRTUPL 30'		
18:00						LEVEL 1 BODYBALANCE VIRTUPL 30'	

RECUERDA MANTENER LA DISTANCIA DE SEGURIDAD.



Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30	Q PILATES	Q BALANCE	Q PILATES	Q BALANCE			
10:15					Q ZUMBA		
10:30	Q PUMP	Q GLOBAL TRAINING	Q GAP	Q PUMP			
16:00	Q BALANCE	Q PILATES	Q COMBAT	Q PUMP	Q ZUMBA		
17:30	Q GAP				Q PUMP		
18:30		Q ZUMBA					
18:45					Q BALANCE		
19:00				Q GAP			
19:30		Q PUMP			Q CROSSFIT		
20:00	Q CROSSFIT		Q CROSSFIT	Q COMBAT			

Sala +QBike

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:15	Q BIKE	Q BIKE	Q BIKE	Q BIKE	Q BIKE		
18:45	Q BIKE		Q BIKE				

Sala Fitness

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
14:30	Q AXIS EXPRESS 30'	Q HIIT EXPRESS 30'	Q TRX EXPRESS 30'	Q CORE EXPRESS 30'	Q STRETCHING EXPRESS 30'		

RECUERDA MANTENER LA DISTANCIA DE SEGURIDAD.



Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30							
10:30							
17:30							
18:00							
18:30							
19:00							
19:30							

Sala Fitness

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:30							
09:30							
10:00							
10:30							
11:30							
18:30							
19:00							

Piscina

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00							
09:00							
13:00							
15:15							
20:00							

RECUERDA MANTENER LA DISTANCIA DE SEGURIDAD.



Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30							
10:30							
18:30							
19:00							
19:30							

RECUERDA MANTENER LA DISTANCIA DE SEGURIDAD.

