

## Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30							
10:30							
18:30							
19:30							
20:30							

## Sala 2

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

## Sala Fitness

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

## Piscina

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

**RECUERDA MANTENER LA  
 DISTANCIA DE SEGURIDAD.**





# Sala 1 - sesiones virtuales

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30	⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'		
08:30		⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'			
09:30						⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'
11:00						⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'
12:30		⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'			
13:30	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'		
14:00	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'	
14:30		⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'			
15:00	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	
15:30	⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'		
16:00	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'	
16:30	⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'		
17:00	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'	
17:30	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'		⓪ <b>LEVELL 2</b> <b>SYRAM</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYCOMBAT</b> VIRTUAL 30'	⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'		
18:00						⓪ <b>LEVELL 2</b> <b>BODYBALANCE</b> VIRTUAL 30'	
18:30							

**RECUERDA MANTENER LA DISTANCIA DE SEGURIDAD.**



## Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30	Q PILATES	GLOBAL TRAINING	Q PILATES	Q COMBAT	Q ZUMBA		
10:30	Q PUMP	Q BALANCE	Q PUMP	Q BALANCE	Q GAP		
15:30			NEW Q DEFENSA PERSONAL		Q ZUMBA		
16:30			Q CORE EXPRESS 30		Q YOGA AVANZADO		
17:30	Q GAP		GLOBAL TRAINING		Q PUMP		
18:30		Q ZUMBA		Q Functional	Q BALANCE		
19:30		Q PUMP		Q GAP			
19:45					Q CROSSFIT		
20:00	Q CROSSFIT		Q CROSSFIT				
20:30				Q STRETCHING EXPRESS 30			

## 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				
20:00		Q BIKE		Q BIKE			

## Sala Fitness

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO

RECUERDA MANTENER LA DISTANCIA DE SEGURIDAD.



# Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:00			Q GAP EXPRESS 30'	L. BERNAL, L. G. BODYPUMP EXPRESS 30'			
09:30	L. BERNAL, L. G. BODYPUMP	Q YOGA	L. BERNAL, L. G. BODYCOMBAT	Q YOGA	Q GAP		
10:30	Q Espalda SANA	Q PILATES	L. BERNAL, L. G. BODYBALANCE	Q PILATES	L. BERNAL, L. G. BODYBALANCE		
18:00		Q ZUMBA					
18:30	L. BERNAL, L. G. BODYPUMP		L. BERNAL, L. G. BODYCOMBAT		Q CROSSFIT		
19:00		L. BERNAL, L. G. BODYPUMP		L. BERNAL, L. G. BODYCOMBAT EXPRESS 30'			
19:30	L. BERNAL, L. G. BODYCOMBAT		Q CROSSFIT	L. BERNAL, L. G. BODYBALANCE EXPRESS 30'	L. BERNAL, L. G. BODYPUMP		
20:00		L. BERNAL, L. G. BODYBALANCE					
20:30	L. BERNAL, L. G. BODYBALANCE EXPRESS 30'						

# Sala Fitness

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:30				Q CORE EXPRESS 30'			
09:00		Q CORE EXPRESS 30'			Q WALKING EXPRESS 30'		
09:30		Q CIRCUIT EXPRESS 30'		Q WALKING EXPRESS 30'			
10:00		Q WALKING EXPRESS 30'					
10:30	Q CORE EXPRESS 30'						
11:30			Q CORE EXPRESS 30'				
18:00			Q CORE EXPRESS 30'				
18:30		Q WALKING EXPRESS 30'		Q WALKING EXPRESS 30'			
19:00		Q Functional					
19:30	Q CORE EXPRESS 30'						

# Piscina

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

## Sala 1

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

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