

Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30	CROSSFIT	BODYCOMBAT	CROSSFIT	GLOBAL TRAINING	BODYPUMP		
10:30		BODYPUMP	CORE EXPRESS	Espalda SANA			
14:00		Functional		Functional			
15:30		PILATES		BODYPUMP	BODYCOMBAT		
18:00					ZUMBA		
18:30	BODYCOMBAT	PILATES	ZUMBA	PILATES			
19:00					FITNESS YOGA		
19:30	BODYPUMP	YOGA	BODYPUMP	YOGA			
20:30	ZUMBA		BODYCOMBAT		DEFENSA PERSONAL		
21:00				BAILES EN LÍNEA			

Sala 2

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30	ZUMBA		ZUMBA				
10:30	BODYBALANCE				BODYBALANCE		
18:00	BODYBALANCE		FITNESS YOGA				
18:30		DEFENSA PERSONAL		DEFENSA PERSONAL			
19:00	FITNESS YOGA		BODYBALANCE				

Sala Fitness

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
19:30		CALISTENIA		CALISTENIA			

Piscina

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:15	AQAEROBIC	AQASALUD	AQASALUD	AQAEROBIC	AQAFITNESS		
10:15	AQAFITNESS	AQAEROBIC	AQASALUD	AQAFITNESS	AQAEROBIC		
15:30	AQASALUD	AQAEROBIC	AQAEROBIC				
19:15	AQAEROBIC	AQAFITNESS	AQAEROBIC	AQASALUD	AQAFITNESS		
20:00	AQAFITNESS						



Sala 1 - sesiones virtuales

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



Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:00			Q GAP EXPRESS 30'	L. ESPINOSA L. G. BODYPUMP EXPRESS 30'			
09:30	L. ESPINOSA L. G. BODYPUMP	Q YOGA	L. ESPINOSA L. G. BODYCOMBAT	Q YOGA	Q GAP	L. ESPINOSA L. G. BODYPUMP	
10:30	Q Espalda SANA	Q PILATES	L. ESPINOSA L. G. BODYBALANCE	Q PILATES	L. ESPINOSA L. G. BODYBALANCE		
11:00						Q STRETCHING EXPRESS 30'	
16:30		L. ESPINOSA L. G. BODYBALANCE					
18:00		Q ZUMBA					
18:30	L. ESPINOSA L. G. BODYPUMP		L. ESPINOSA L. G. BODYCOMBAT		Q CROSSFIT		
19:00		L. ESPINOSA L. G. BODYPUMP		L. ESPINOSA L. G. BODYCOMBAT EXPRESS 30'			
19:30	L. ESPINOSA L. G. BODYCOMBAT		Q CROSSFIT	L. ESPINOSA L. G. BODYBALANCE EXPRESS 30'	L. ESPINOSA L. G. BODYPUMP		
20:00		L. ESPINOSA L. G. BODYBALANCE					
20:30	L. ESPINOSA 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'					Q WALKING 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 Funcional					
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
10:00							
11:00							
17:30							
18:00							
18:30							
19:00							
19:30							
20:00							