



Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:00	HIPOPRE. SIVOS EXPRESS 30'		NEW QONFIRE EXPRESS 30'				
09:30	ZUMBA	LES MILLS BODYCOMBAT	ZUMBA	GLOBAL TRAINING	LES MILLS BODYPUMP		
10:30		LES MILLS BODYPUMP	Q CORE EXPRESS 30'	Espalda SANA			
15:30		PILATES		LES MILLS BODYPUMP	Q GLÚTEO EXPRESS 30'		
16:00					QONFIRE		
16:30		SUELO PÉLVICO EXPRESS 30'					
17:15	QONFIRE						
17:30		CIRCUIT TRAINING		CIRCUIT TRAINING			
18:00					ZUMBA		
18:15	LES MILLS BODYCOMBAT		ZUMBA				
18:30		PILATES		PILATES			
19:00					FITNESS YOGA		
19:15	LES MILLS BODYPUMP		LES MILLS BODYPUMP				
19:30		Q YOGA		Q YOGA			
20:15	ZUMBA		QONFIRE				
21:00				BAILES EN LÍNEA			

Sala 2

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
10:30	LES MILLS BODYBALANCE				LES MILLS BODYBALANCE		
17:30	SUELO PÉLVICO EXPRESS 30'		SUELO PÉLVICO EXPRESS 30'				
18:00	LES MILLS BODYBALANCE		FITNESS YOGA				
18:30		DEFENSA PERSONAL		DEFENSA PERSONAL			
19:00	FITNESS YOGA		LES MILLS 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		
15:00				AQAFITNESS			
15:30	AQASALUD	AQAEROBIC	AQAEROBIC				
19:15	AQAEROBIC	AQAFITNESS	AQAEROBIC	AQASALUD	AQAFITNESS		

Sala 1 - sesiones virtuales

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



Sala 1

+Q Bike

+ Exterior

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:15					ZUMBA		
09:30	PUMP	BALANCE	PILATES	COMBAT			
10:15					GAP		
10:30	PILATES	GLOBAL TRAINING	PUMP	BALANCE			
14:30	ONFIRE EXPRESS 30'		ONFIRE EXPRESS 30'				
15:00	PUMP EXPRESS 30'		GLÚTEO EXPRESS 30'				
15:30	BALANCE	PUMP	PUMP	BALANCE	ZUMBA		
16:00							
16:30	COMBAT	STRECHING	ZUMBA	PUMP	Espalda SANA		
17:00							
17:30	GAP	SUELO PÉLVICO EXPRESS 30'	GLOBAL TRAINING	SUELO PÉLVICO EXPRESS 30'	PUMP		
18:00		ZUMBA					
18:30				Functional	BALANCE		
19:00		PUMP					
19:30				GAP			
19:45					CIRCUIT TRAINING		
20:00	CROSSFIT		CROSSFIT				
20:30				STRECHING EXPRESS 30'			

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:15	QBIKE	QBIKE	QBIKE	QBIKE	QBIKE		
15:30	QBIKE		QBIKE				
18:45	QBIKE		QBIKE				
20:00		QBIKE		QBIKE			

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30	CROSSFIT		CROSSFIT				
18:00				COMBAT EXPRESS 30'			
18:30		GLÚTEO EXPRESS 30'					
19:00		COMBAT					



Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:30				Q CORE EXPRESS 30'			
09:00			Q GAP EXPRESS 30'	LES MILLS BODYPUMP EXPRESS 30'			
09:30	LES MILLS BODYPUMP	Q YOGA	LES MILLS BODYCOMBAT	Q YOGA	Q GAP	LES MILLS BODYPUMP	
10:30	Q Espalda SANA	Q PILATES	LES MILLS BODYBALANCE	Q PILATES	LES MILLS BODYBALANCE	Q PILATES	
11:30	NEW SUELO PÉLVICO EXPRESS 30'		Q CORE EXPRESS 30'		Q Espalda SANA EXPRESS 30'		
18:00		Q ZUMBA	Q CORE EXPRESS 30'				
18:30	LES MILLS BODYPUMP		LES MILLS BODYCOMBAT		Q CROSSFIT		
19:00		LES MILLS BODYPUMP		LES MILLS BODYCOMBAT EXPRESS 30'			
19:30	LES MILLS BODYCOMBAT		Q CROSSFIT	LES MILLS BODYBALANCE EXPRESS 30'	LES MILLS BODYPUMP		
20:00		LES MILLS BODYBALANCE					
20:30	LES MILLS BODYBALANCE EXPRESS 30'						

Sala Fitness

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
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							
18:00							
18:30		Q WALKING EXPRESS 30'		Q WALKING EXPRESS 30'			
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						
15:00		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							
18:30							
19:30							
20:00							