

# HORARIO DE ACTIVIDADES DIRIGIDAS

| Hora  | Sala | LUNES                   | Sala | MARTES                   | Sala | MIÉRCOLES               | Sala | JUEVES                   | Sala | VIERNES     | SÁBADO     | Hora  |
|-------|------|-------------------------|------|--------------------------|------|-------------------------|------|--------------------------|------|-------------|------------|-------|
| 7:45  | CyC  | M F CYCLING             | 1    | BODYPUMP                 | CyC  | M F CYCLING             | 1    | BODYPUMP                 | CyC  | M F CYCLING |            | 7:45  |
| 9:15  |      |                         | 2    | Gravity <sup>(I)</sup>   |      |                         |      |                          |      |             |            | 9:15  |
| 9:30  | Cyc  | M F CYCLING             | 1    | BODYPUMP                 | 1    | ABD XP                  | 1    | MFCardioFit              | 1    | BODYBALANCE |            | 9:30  |
| 10:00 |      |                         | 3    | Pilates <sup>(II)</sup>  |      | BODYCOMBAT              |      | Pilates <sup>(II)</sup>  |      |             |            | 10:00 |
| 10:15 | 2    | ABD XP                  | 2    | ABD XP                   |      |                         |      |                          | 2    | ABD XP      |            | 10:15 |
| 10:30 | 1    | MFCardioFit             | Cyc  | M F CYCLING              | 1    | BODYPUMP                | 1    | BODYBALANCE              | Cyc  | M F CYCLING |            | 10:30 |
| 12:00 |      |                         |      |                          | 2    | Gravity <sup>(I)</sup>  |      |                          |      |             | BP/Cycling | 12:00 |
| 14:00 | 2    | Gravity <sup>(I)</sup>  |      |                          | 2    | Gravity <sup>(I)</sup>  |      |                          |      |             |            | 14:00 |
|       | 3    | Pilates <sup>(II)</sup> |      |                          | 3    | Pilates <sup>(II)</sup> |      |                          |      |             |            | 14:00 |
| 14:15 | 1    | BODYPUMP                | 1    | MFCardioFit              | 1    | BODYBALANCE             | 1    | BODYPUMP                 | CyC  | M F CYCLING |            | 14:15 |
| 15:15 | 3    | Pilates <sup>(II)</sup> | CyC  | M F CYCLING              | 3    | Pilates <sup>(II)</sup> | CyC  | M F CYCLING              |      |             |            | 15:15 |
| 17:00 |      |                         | 3    | Pilates <sup>(III)</sup> |      |                         | 3    | Pilates <sup>(III)</sup> |      |             |            | 17:00 |
| 17:30 | 2    | Gravity <sup>(I)</sup>  | CyC  | M F CYCLING              | 2    | Gravity <sup>(I)</sup>  | 1    | BODYPUMP                 |      |             |            | 17:30 |
| 18:00 |      |                         | 2    | Gravity <sup>(I)</sup>   |      |                         | 2    | Gravity <sup>(I)</sup>   | 1    | BODYPUMP    |            | 18:00 |
| 18:30 | 2    | ABD XP                  | 3    | Pilates <sup>(II)</sup>  |      |                         | 3    | Pilates <sup>(II)</sup>  |      |             |            | 18:30 |
| 18:45 | 2    | MFCardioFit             |      |                          |      |                         | CyC  | M F CYCLING              |      |             |            | 18:45 |
| 19:00 | CyC  | M F CYCLING             | 1    | BODYPUMP                 | CyC  | M F CYCLING             | 1    | BODYBALANCE              | CyC  | M F CYCLING |            | 19:00 |
| 19:15 |      |                         | 3    | Pilates <sup>(II)</sup>  |      |                         | 3    | Pilates <sup>(II)</sup>  |      |             |            | 19:15 |
| 19:30 | 1    | BODYPUMP                | 2    | ABD XP                   |      |                         | 2    | MFCardioFit              |      |             |            | 19:30 |
| 19:45 | 2    | ABD XP                  | 2    | BODYCOMBAT               |      |                         | CyC  | M F CYCLING              |      |             |            | 19:45 |
| 20:00 | CyC  | M F CYCLING             | CyC  | M F CYCLING              | 1    | BODYBALANCE             | 1    | BODYPUMP                 |      |             |            | 20:00 |
|       | 2    | Gravity <sup>(I)</sup>  | 3    | Pilates <sup>(II)</sup>  |      |                         | 3    | Pilates <sup>(II)</sup>  | 1    | BODYBALANCE |            | 20:00 |
| 20:15 |      |                         |      |                          |      |                         |      |                          |      |             |            | 20:15 |
| 20:30 | 1    | BODYBALANCE             | 2    | ABD XP                   |      |                         | 2    | BODYCOMBAT               |      |             |            | 20:30 |
|       | CyC  | M F CYCLING             | CyC  | M F CYCLING              |      |                         | CyC  | M F CYCLING              |      |             |            | 20:30 |
| 21:00 | CyC  | M F CYCLING             | 1    | BODYPUMP                 |      |                         | 1    | BODYBALANCE              |      |             |            | 21:00 |
|       | 2    | Gravity <sup>(I)</sup>  |      |                          |      |                         | 2    | Gravity <sup>(I)</sup>   |      |             |            | 21:00 |

Válido desde Diciembre de 2011

<sup>(I)</sup> Grupos limitados bajo reserva con bono

<sup>(II)</sup> Grupos reducidos con cuota extra

Este horario puede sufrir modificaciones puntuales o definitivas por Eventos Especiales o por Necesidades Técnicas del Centro