

actividades dirigidas

Programación a partir del
29/07/2025

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
8:00h	Aquafitness	8:00h Abdominales 20'	8:00h Aquafitness	8:00h GAP 30'	7:30h Bodypump 30'	10:00h Bodypump
9:15h	Aquafitness	8:20h Stretching 30'	9:15h Aquafitness	8:30h Stretching 30'	8:00h Aquafitness	11:00h Ciclo indoor
9:20h	Core 30'	9:00h Ciclo indoor	9:20h Core 30'	9:00h Ciclo indoor	Move&Training	
10:00h	Ciclo indoor	9:15h Aquafitness	10:00h Ciclo indoor	9:15h Aquafitness	9:20h Core 30'	
10:10h	Zumba	10:10h Bodypump	10:10h Zumba	10:10h Bodypump	10:00h Ciclo indoor	
11:00h	Aquafitness	11:00h Aquafitness	11:00h Aquafitness	11:00h Aquafitness	10:00h Bodypump	
11:10h	Abdominales 20'	11:10h Zumba	11:10h Abdominales 20'	11:10h Aerobic	11:00h Aquafitness	
	Step	12:00 Move&Training	Bodybalance	12:00h Move&Training	11:10h Hipopresivos 20'	
11:30h	Stretching 30'	13:00h Synergy 30'	11:30h Stretching 30'	13:00h Synergy 30'	11:30h Stretching 30'	
12:00h	Move&Training	13:30h Bodypump 30'	12:00h Move&Training	13:30h Bodypump 30'	12:00h Move&Training	
13:00h	Synergy 30'		13:00h Synergy 30'		13:30h Bodypump 30'	
13:30h	Ciclo 30'		13:30h Ciclo 30'			
15:00h	Ciclo indoor	15:00h Core 30'		15:00h GAP 30'	15:00h Synergy 30'	
16:00	Move&Training	17:00h Move&Training		17:00h Move&Training	16:00h Move&Training	
18:00h	Synergy 30'	18:00h Ciclo indoor	15:00h Bodypump	18:00h Ciclo indoor	18:00h Ciclo 30'	
18:30h	Core 30'	19:10h Bodypump	16:00h Move&Training	19:00h Aquafitness	18:30h Abdominales 20'	
19:00h	Aquafitness	20:10h Zumba	18:00h Synergy 30'	19:10 Bodypump	19:10h Ciclo indoor	
19:10h	Bodypump	21:10h Hipopresivos 20'	18:30h Core 30'	20:10h Zumba	20:10h Synergy 30'	
19:10h	Ciclo indoor		19:00h Aquafitness	21:10h Hipopresivos 20'		
20:10h	Move&Training		19:10h Ciclo indoor			
	Bodybalance		Bodypump			
21:10h	GAP 30'		20:10h Bodybalance			
			21:10h Hipopresivos 20'			

Uso obligatorio
de toalla
individual
en todas las
actividades.

Reserva tu plaza
online:



Y además,
Clases Virtuales durante
toda la jornada.
Consulta la programación vigente.

La duración de las actividades es de 45 - 55 min en general, excepto aquellas marcadas con 🕒 . Programación sujeta a cambios por motivos excepcionales.

