

# actividades dirigidas

Programación a partir del  
23/06/2025

|        | 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      | Bodycombat              |                     |
| 11:10h | Abdominales 20' | 11:10h Zumba            | 11:10h Abdominales 20'  | 11:10h Aerobic          | 11:00h Aquafitness      |                     |
|        | Step            | 12:00 Move&Training     | 11:30h Stretching 30'   | 12:00h Move&Training    | 11:10h Hipopresivos 20' |                     |
| 11:30h | Stretching 30'  | 13:00h Synergy 30'      | 12:00h Move&Training    | 13:00h Synergy 30'      | 11:30h Stretching 30'   |                     |
| 12:00h | Move&Training   | 13:30h Bodypump 30'     | 13:00h Synergy 30'      | 13:30h Bodypump 30'     | 12:00h Move&Training    |                     |
| 13:00h | Synergy 30'     |                         | 13:30h Ciclo 30'        |                         | 13:30h Bodypump 30'     |                     |
| 13:30h | Ciclo 30'       |                         |                         |                         |                         |                     |
| 15:00h | Ciclo indoor    | 15:00h Core 30'         | 15:00h Bodypump         | 15:00h GAP 30'          | 15:00h Synergy 30'      |                     |
| 16:00  | Move&Training   | 17:00h Move&Training    | 16:00h Move&Training    | 17:00h Move&Training    | 16:00h Move&Training    |                     |
| 18:00h | Synergy 30'     | 18:00h Ciclo indoor     | 18:00h Synergy 30'      | 18:00h Ciclo indoor     | 18:00h Ciclo 30'        |                     |
| 18:30h | Core 30'        | 19:10h Bodypump         | 18:30h Core 30'         | 19:00h Aquafitness      | 18:30h Abdominales 20'  |                     |
| 19:00h | Aquafitness     | 20:10h Zumba            | 19:00h Aquafitness      | 19:10h Bodypump         | 19:10h Ciclo indoor     |                     |
| 19:10h | Bodypump        | 21:10h Hipopresivos 20' | 19:10h Ciclo indoor     | 20:10h Zumba            | 20:10h Synergy 30'      |                     |
|        | Ciclo indoor    |                         | Bodypump                | 21:10h Hipopresivos 20' |                         |                     |
| 20:10h | Bodycombat      |                         | 20:10h Bodybalance      |                         |                         |                     |
|        | Bodybalance     |                         | 21:10h Hipopresivos 20' |                         |                         |                     |
| 21:10h | GAP 30'         |                         |                         |                         |                         |                     |

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.

