

actividades dirigidas

modalidad **presencial**

Programación a partir
de 03/02/2025

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:15h	BodyPump 45'	7:30h Core	9:30h Core	9:00h Synrgy360	7:30h Stretching
8:30h	Synrgy360	9:00h Synrgy360	Dance	9:15h GAP	9:15h Aquafitness
9:30h	Core	9:30h Aquafitness	10:00h Ciclo indoor	9:45h Aquadynamic	9:30h Core
10:00h	Zumba	BodyPump	10:15h BodyBalance	10:00h Ciclo indoor	10:00h BodyCombat
10:00h	Ciclo indoor	10:00h Pilates básico	HBX Boxing	Zumba	Ciclo indoor
10:15h	Aquafitness	10:30h Ciclo indoor	Aquadynamic	10:45h Espalda sana	10:30h BodyBalance
10:30h	BodyBalance	Tone	11:00h GAP	11:00h BodyPump	11:15h Funcional 45'
11:00h	BodyPump	11:00h Aquafitness	11:30h Funcional 45'	12:00h Espalda sana	12:00h Espalda sana
11:30h	Funcional 45'	11:30h HBX Boxing	12:15h Pilates básico 45'	14:30h HBX Boxing	
12:15h	Espalda sana	12:00h Espalda sana	14:00h BodyAttack		18:15h GAP
14:00h	HBX Boxing	14:00h Core	14:30h Core	17:00h Espalda sana	18:20h HBX Boxing
				18:00h Dance	19:00h BodyPump
17:00h	GAP	17:00h Espalda sana	17:15h GAP	18:00h BodyPump	19:45h Aquafitness
17:30h	HBX Boxing	18:00h Tone	17:45h HBX Boxing	19:00h Tone	20:00h Ciclo indoor
18:10h	Tone	18:15h GAP	18:00h Pilates básico 45'	HBX Boxing	Stretching
18:30h	Core	19:00h BodyAttack	18:30h BodyPump	Ciclo indoor	
19:00h	BodyCombat	Ciclo indoor	18:30h BodyPump	19:30h Aquadynamic	SÁBADO
19:15h	Ciclo indoor	Zumba	19:00h Core	BodyAttack	9:15h BodyPump
19:30h	BodyBalance	19:30h Aqua+Pool bike	19:30h Ciclo indoor	20:15h Bodybalance 45'	10:30h BodyPump
19:45h	Aquadynamic	20:00h Core	19:45h Aquadynamic		11:45h Ciclo indoor
20:15h	BodyPump	HBX Boxing	BodyCombat		
20:30h	Pilates básico 45'	20:30h Stretching	20:15h GAP		
		BodyPump 45'			

Uso obligatorio de toalla individual
en todas las actividades.

Reserva tu plaza online



Además, más de 50 **clases virtuales** cada semana



Ciclo Indoor



Descarga aquí el último horario

