

actividades dirigidas

Programación a partir del
01/09/2026

LUNES	
8:00h	Aquafitness
9:15h	Aquafitness
9:20h	Core 30'
10:00h	Ciclo indoor
11:00h	Aquafitness
11:10h	Abdominales 20'
	Aerobic
11:30h	Stretching 30'
12:00h	Move&Training
13:00h	Synergy 30'
13:30h	Ciclo 30'
15:00h	Core 30'
16:00h	Move&Training
18:00h	Bodypump
19:00h	Aquafitness
19:10h	Ciclo indoor
20:10h	Core 30'
20:40h	Stretching 30'
21:10h	Move&Training

MARTES	
8:00h	Abdominales 20'
8:20h	Stretching 30'
9:00h	Ciclo indoor
9:15h	Aquafitness
10:10h	Bodypump
11:00h	Aquafitness
11:10h	Zumba
12:00	Move&Training
13:00h	Synergy 30'
13:30h	Bodypump 30'
15:00h	Ciclo indoor
17:00h	Move&Training
18:00h	Ciclo indoor
19:00h	Aquafitness
19:10h	Bodypump
	Ciclo indoor
20:10h	Zumba
21:10h	Hipopresivos 20'

MIÉRCOLES	
8:00h	Aquafitness
9:15h	Aquafitness
9:20h	Core 30'
10:00h	Ciclo indoor
11:00h	Aquafitness
11:10h	Hipopresivos 20'
11:30h	Stretching 30'
12:00h	Move&Training
13:00h	Synergy 30'
13:30h	Ciclo 30'
15:00h	GAP 30'
16:00h	Move&Training
18:00h	Bodypump
19:00h	Aquafitness
19:10h	Ciclo indoor
20:10h	Hipopresivos 20'
20:40h	Stretching 30'
21:10h	Move&Training

JUEVES	
8:00h	GAP 30'
8:30h	Stretching 30'
9:00h	Ciclo indoor
9:15h	Aquafitness
10:10h	Bodypump
11:00h	Aquafitness
11:10h	Zumba
12:00h	Move&Training
13:00h	Synergy 30'
13:30h	Bodypump 30'
15:00h	Bodypump 30'
17:00h	Move&Training
18:00h	Ciclo indoor
19:00h	Aquafitness
19:10	Bodypump
	Ciclo indoor
20:10h	Zumba
21:10h	Hipopresivos 20'

VIERNES	
8:00h	Aquafitness
8:00h	Move&Training
	Core 30'
10:00h	Ciclo indoor
11:00h	Aquafitness
11:10h	Hipopresivos 20'
11:30h	Stretching 30'
13:30h	Bodypump 30'
15:00h	Synergy 30'
16:00h	Move&Training
18:00h	Core 30'
18:30h	Ciclo indoor
19:30h	Stretching 30'
20:10h	Synergy 30'

SÁBADO	
10:00h	Bodypump
11:00h	Ciclo indoor

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.

ASISTENCIA EN SALA FITNESS
DISEÑO RUTINAS | PESAJES | ASESORAMIENTO DEPORTIVO
Reserva tu cita
en el 682390695

