

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala              | Lunes               | Martes              | Miércoles           | Jueves              | Viernes             | Sábado              | Domingo             |
|--------|-------|-------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| 06:45  | 07:30 | 2 CYCLING         |                     | Cycling Virtual     |                     | Cycling Virtual     |                     |                     |                     |
| 07:00  | 07:45 | CROSS-MET OUTDOOR |                     | CROSS-MET           |                     | CROSS-MET           |                     |                     |                     |
| 07:00  | 07:45 | 2 CYCLING         | Cycling             |                     | Cycling             |                     | Cycling             |                     |                     |
| 07:00  | 07:55 | 1                 | Fitness Condition   | Body Pump           | Fitness Condition   | PILATES STRONG_     | YOGA FLOW_          |                     |                     |
| 07:15  | 07:45 | PISCINA           | Swimming Club       | Up-Aqua             | Swimming Club       | Up-Aqua             | Aqua-Circuit        |                     |                     |
| 07:45  | 08:00 | FITNESS           | Abdominales         |                     | Abdominales         |                     | Abdominales         |                     |                     |
| 08:15  | 08:45 | FITNESS           | Suspension Training | Suspension Training | Suspension Training | Suspension Training | Suspension Training |                     |                     |
| 08:15  | 09:00 | 2 CYCLING         | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     |                     |                     |
| 08:30  | 09:00 | PISCINA           | Aqua-Circuit        | Aqua-Circuit        | Aqua-Circuit        | Aqua-Circuit        | Aqua-Circuit        |                     |                     |
| 08:30  | 09:25 | 1                 | PILATES STRONG_     |                     |                     |                     |                     |                     |                     |
| 08:45  | 09:40 | 3                 |                     | Espalda Sana        | TOTAL BARRA         | Pilates Stretch     | Espalda Sana        |                     |                     |
| 09:00  | 09:55 | 1                 |                     |                     |                     |                     |                     | YOGA FLOW_          |                     |
| 09:15  | 10:00 | CROSS-MET OUTDOOR |                     |                     |                     |                     | CROSS-MET           |                     |                     |
| 09:15  | 10:00 | 2 CYCLING         | Cycling Virtual     | Cycling             |                     | Cycling             |                     |                     |                     |
| 09:30  | 10:00 | PISCINA           |                     | Aqua-Circuit        | Up-Aqua             | Aqua-Circuit        | Up-Aqua             |                     |                     |
| 09:30  | 10:15 | 2 CYCLING         |                     |                     |                     |                     |                     | Cycling             | Cycling             |
| 09:30  | 10:25 | 1                 | Zumba               | Fitness Condition   | Body Pump           | GAP                 | Zumba               |                     |                     |
| 09:45  | 10:40 | 3                 | Pilates Stretch     | POWER YOGA          | PILATES STRONG      | Espalda Sana        | Pilates Stretch     |                     |                     |
| 10:00  | 10:45 | CROSS-MET OUTDOOR |                     |                     |                     |                     |                     | CROSS-MET           | CROSS-MET           |
| 10:00  | 10:45 | PISCINA           | Aqua-Gym            |                     | Aqua-Gym            |                     | Aqua-Gym            |                     |                     |
| 10:00  | 10:55 | 3                 |                     |                     |                     |                     |                     | POWER YOGA          |                     |
| 10:15  | 10:30 | FITNESS           |                     |                     |                     |                     |                     | Abdominales         | Abdominales         |
| 10:15  | 10:45 | FITNESS           | Suspension Training | Suspension Training | Suspension Training | Suspension Training | Suspension Training |                     |                     |
| 10:15  | 11:00 | 2 CYCLING         | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     |                     |                     |
| 10:30  | 11:15 | 2 CYCLING         |                     |                     |                     |                     |                     | Cycling Virtual     | Cycling Virtual     |
| 10:30  | 11:25 | 1                 | Body Pump           | Zumba               | Fitness Condition   | Zumba               | Body Pump           | Body Pump           | Fitness Condition   |
| 10:45  | 11:15 | PISCINA           |                     |                     |                     |                     |                     | Up-Aqua             | Up-Aqua             |
| 10:45  | 11:40 | 3                 | Espalda Sana        | Pilates Stretch     | Pilates Stretch     | Yoga Flow           | DANZA Y MOVIMIENTO  |                     |                     |
| 11:00  | 11:45 | PISCINA           |                     | Aqua-Gym            |                     | Aqua-Gym            |                     |                     |                     |
| 11:00  | 11:55 | 3                 |                     |                     |                     |                     |                     | Pilates Stretch     |                     |
| 11:15  | 11:30 | FITNESS           | Abdominales         | GAP EXPRESS         | Abdominales         | GAP EXPRESS         | Abdominales         |                     |                     |
| 11:30  | 11:45 | FITNESS           | Stretching 15'      | Stretching 15'      | Stretching 15'      | Stretching 15'      | Stretching 15'      |                     |                     |
| 11:30  | 12:00 | PISCINA           |                     |                     |                     |                     | Aqua-Circuit        |                     |                     |
| 11:30  | 12:15 | 2 CYCLING         |                     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     |                     |                     |                     |
| 11:30  | 12:25 | 1                 |                     |                     | ESPALDA SANA_       |                     |                     |                     |                     |
| 11:45  | 12:30 | 2 CYCLING         |                     |                     |                     |                     |                     | Cycling Virtual     | Cycling Virtual     |
| 12:15  | 12:30 | FITNESS           | GAP EXPRESS         | Abdominales         | GAP EXPRESS         | Abdominales         | GAP EXPRESS         |                     |                     |
| 12:30  | 12:45 | FITNESS           | Stretching 15'      | Stretching 15'      | Stretching 15'      | Stretching 15'      | Stretching 15'      |                     |                     |
| 12:30  | 13:00 | PISCINA           | Up-Aqua             | Aqua-Circuit        | Up-Aqua             | Aqua-Circuit        | Up-Aqua             | Aqua-Circuit        | Aqua-Circuit        |
| 13:00  | 13:45 | 2 CYCLING         | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     |                     |                     |
| 13:15  | 13:45 | FITNESS           |                     | Suspension Training |                     | Suspension Training |                     | Suspension Training | Suspension Training |
| 13:30  | 14:15 | 2 CYCLING         |                     |                     |                     |                     |                     | Cycling Virtual     | Cycling Virtual     |
| 14:00  | 14:45 | 2 CYCLING         | Cycling             | Cycling             | Cycling             | Cycling             | Cycling Virtual     |                     |                     |
| 14:15  | 14:30 | FITNESS           |                     |                     |                     |                     |                     | Abdominales         | Abdominales         |
| 14:15  | 14:45 | PISCINA           | Aqua-Circuit        | Up-Aqua             | Swimming Club       | Up-Aqua             | Aqua-Circuit        |                     |                     |
| 14:15  | 15:00 | CROSS-MET OUTDOOR | CROSS-MET           |                     |                     |                     | CROSS-MET           |                     |                     |
| 14:15  | 15:10 | 1                 | Body Pump           |                     | Fitness Condition   | Body Pump           |                     |                     |                     |
| 14:15  | 15:10 | 3                 |                     | Yoga Flow           |                     | POWER YOGA          |                     |                     |                     |
| 14:45  | 15:00 | FITNESS           | Abdominales         | Abdominales         | Abdominales         | Abdominales         | Abdominales         |                     |                     |
| 15:00  | 15:15 | FITNESS           |                     |                     |                     |                     |                     | GAP EXPRESS         | GAP EXPRESS         |
| 15:00  | 15:45 | 2 CYCLING         | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     |
| 15:15  | 15:30 | FITNESS           |                     |                     |                     |                     |                     | Stretching 15'      | Stretching 15'      |
| 15:15  | 16:10 | 1                 | Zumba               | Body Pump           | PILATES STRECTH     | Fitness Condition   | GAP                 |                     |                     |
| 15:30  | 16:00 | PISCINA           | Aqua-Circuit        | Swimming Club       | Aqua-Circuit        | Swimming Club       | Aqua-Circuit        | Up-Aqua             | Up-Aqua             |
| 16:15  | 16:30 | FITNESS           | Abdominales         | GAP EXPRESS         | Abdominales         | GAP EXPRESS         | Abdominales         |                     |                     |
| 16:15  | 17:00 | 2 CYCLING         | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     |
| 16:30  | 16:45 | FITNESS           | Stretching 15'      | Stretching 15'      | Stretching 15'      | Stretching 15'      | Stretching 15'      |                     |                     |
| 16:30  | 17:25 | 1                 | Fitness Condition   | Zumba               | Body Pump           | Zumba               | Body Combat         |                     |                     |
| 16:45  | 17:40 | 3                 | Pilates Stretch     | Espalda Sana        | PILATES STRONG      | DANZA Y MOVIMIENTO  |                     |                     |                     |
| 17:15  | 17:30 | FITNESS           |                     |                     |                     |                     |                     | Abdominales         | Abdominales         |
| 17:15  | 18:00 | 2 CYCLING         | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     |
| 17:30  | 17:45 | FITNESS           |                     |                     |                     |                     |                     | Stretching 15'      | Stretching 15'      |
| 17:30  | 18:00 | PISCINA           | Aqua-Circuit        | Up-Aqua             | Aqua-Circuit        | Up-Aqua             | Swimming Club       |                     |                     |
| 17:30  | 18:25 | 1                 | Body Pump           | Fitness Condition   | Zumba               | Body Pump           | BODY_BALANCE        |                     |                     |
| 17:45  | 18:40 | 3                 | TOTAL BARRA         | PILATES STRONG      | POWER YOGA          | Pilates Stretch     | Yoga                |                     |                     |
| 18:00  | 18:15 | FITNESS           | Abdominales         | Abdominales         | Abdominales         | Abdominales         | Abdominales         |                     |                     |
| 18:00  | 18:45 | CROSS-MET OUTDOOR |                     | CROSS-MET           |                     | CROSS-MET           |                     |                     |                     |
| 18:15  | 19:00 | 2 CYCLING         | Cycling             | Cycling             | Cycling             |                     | Cycling             | Cycling Virtual     | Cycling Virtual     |
| 18:30  | 19:00 | CROSS-MET OUTDOOR |                     |                     |                     |                     |                     | CROSS-MET 30        |                     |
| 18:30  | 19:00 | FITNESS           |                     |                     |                     |                     |                     |                     | Suspension Training |
| 18:30  | 19:00 | PISCINA           | Up-Aqua             | Aqua-Circuit        | Up-Aqua             | Aqua-Circuit        | Swimming Club       |                     |                     |
| 18:30  | 19:25 | 1                 | Zumba               | Body Pump           | Fitness Condition   | Body Combat         | Zumba               |                     |                     |
| 18:45  | 19:40 | 3                 | Yoga Flow           | Pilates Stretch     | BODY-BALANCE        | Espalda Sana        | Pilates Stretch     |                     |                     |
| 19:00  | 19:15 | FITNESS           | Abdominales         | Abdominales         | Abdominales         | Abdominales         | Abdominales         | Abdominales         | Abdominales         |
| 19:00  | 19:45 | CROSS-MET OUTDOOR | CROSS-MET           |                     | CROSS-MET           |                     | CROSS-MET           |                     |                     |
| 19:15  | 20:00 | 2 CYCLING         | Cycling             | Cycling             | Cycling             | Cycling             | Cycling Virtual     | Cycling Virtual     | Cycling Virtual     |
| 19:30  | 20:00 | PISCINA           |                     |                     |                     |                     |                     | Up-Aqua             | Up-Aqua             |
| 19:30  | 20:15 | PISCINA           | Aqua-Gym            | Aqua-Gym            | Aqua-Gym            | Aqua-Gym            |                     |                     |                     |
| 19:30  | 20:25 | 1                 | Body Combat         | Fitness Condition   | Body Pump           | Zumba               | Body Pump           |                     |                     |
| 19:45  | 20:40 | 3                 | PILATES STRONG      | BODY-BALANCE        | Yoga Flow           | PILATES STRONG      |                     |                     |                     |
| 20:00  | 20:15 | FITNESS           | Abdominales         | Abdominales         | Abdominales         | Abdominales         | Abdominales         |                     |                     |
| 20:15  | 21:00 | 2 CYCLING         |                     | Cycling Virtual     | Cycling             | Cycling Virtual     | Cycling Virtual     |                     |                     |
| 20:30  | 21:00 | PISCINA           | Aqua-Circuit        | Up-Aqua             | Swimming Club       | Aqua-Circuit        | Up-Aqua             |                     |                     |
| 20:30  | 21:25 | 1                 | Fitness Condition   | Zumba               |                     | Body Pump           |                     |                     |                     |