

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala      | Lunes             | Martes              | Miércoles           | Jueves              | Viernes         | Sábado          | Domingo         |
|--------|-------|-----------|-------------------|---------------------|---------------------|---------------------|-----------------|-----------------|-----------------|
| 07:15  | 07:45 | CROSS-MET | GLOBAL TRAINING   |                     |                     |                     |                 |                 |                 |
| 07:15  | 08:00 | 2 CYCLING | Cycling           | Cycling Virtual     | Cycling             | Cycling Virtual     | Cycling         |                 |                 |
| 07:15  | 08:05 | CROSS-MET |                   | CROSS-MET           |                     |                     | CROSS-MET       |                 |                 |
| 07:15  | 08:05 | 1         |                   | Body Pump           |                     | Body Pump           |                 |                 |                 |
| 07:15  | 08:05 | 3         |                   |                     |                     | Body-Balance        |                 |                 |                 |
| 07:30  | 08:00 | PISCINA 1 |                   | AQUAGYM             |                     |                     |                 |                 |                 |
| 08:15  | 09:00 | 2 CYCLING |                   | Cycling             |                     | CYCLING TEST FTP    |                 |                 |                 |
| 08:30  | 09:20 | 1         | Body Pump         |                     | Body Pump           |                     | Body Pump       |                 |                 |
| 08:45  | 09:15 | PISCINA 1 | AQUAGYM           |                     |                     |                     |                 |                 |                 |
| 09:00  | 09:50 | 3         |                   | Body-Balance        |                     | Pilates Stretch     |                 |                 |                 |
| 09:15  | 10:00 | 2 CYCLING | Cycling Virtual   |                     | Cycling Virtual     |                     | Cycling Virtual |                 |                 |
| 09:15  | 10:05 | 1         |                   |                     |                     |                     |                 | PILATES_        |                 |
| 09:30  | 10:00 | PISCINA 1 | AQUAGYM           | AQUAGYM             | AQUAGYM             | AQUAGYM             | AQUAGYM         |                 |                 |
| 09:30  | 10:15 | 2 CYCLING |                   |                     |                     |                     |                 | Cycling Virtual | Cycling Virtual |
| 09:30  | 10:20 | 1         | Zumba             | Body Combat         |                     | Body Combat         | Zumba           |                 |                 |
| 09:30  | 10:20 | 3         |                   |                     | Body-Balance        |                     |                 |                 |                 |
| 09:45  | 10:15 | PISCINA 1 |                   |                     |                     |                     |                 | AQUAGYM         | AQUAGYM         |
| 09:45  | 10:35 | 1         |                   |                     | Fitness Condition   |                     |                 |                 |                 |
| 10:00  | 10:50 | CROSS-MET |                   |                     |                     | Boxing              |                 |                 |                 |
| 10:00  | 10:50 | 3         |                   |                     |                     | Espalda Sana        |                 |                 |                 |
| 10:15  | 11:00 | 2 CYCLING | Cycling           |                     | Cycling             |                     | Cycling         |                 |                 |
| 10:15  | 11:05 | 1         |                   |                     |                     |                     |                 | Body Combat     | Body Pump       |
| 10:30  | 11:15 | 2 CYCLING |                   | Cycling Virtual     |                     | Cycling Virtual     |                 | Cycling         | Cycling         |
| 10:30  | 11:20 | 1         | Body Pump         | PILATES_            |                     | Zumba               | GAP             |                 |                 |
| 10:30  | 11:20 | 3         |                   |                     | Pilates Stretch     |                     |                 |                 |                 |
| 10:45  | 12:00 | 1         |                   |                     | Tai Chi             |                     |                 |                 |                 |
| 11:00  | 11:30 | CROSS-MET |                   | GLOBAL TRAINING     |                     | GLOBAL TRAINING     |                 |                 |                 |
| 11:15  | 12:05 | CROSS-MET | CROSS-MET         |                     |                     |                     | CROSS-MET       |                 |                 |
| 11:30  | 12:20 | CROSS-MET |                   | Suspension Training | CROSS-MET           | Suspension Training |                 |                 |                 |
| 11:30  | 12:20 | 1         | PILATES_          | YOGA_               |                     | YOGA_               | ESPALDA SANA_   | Body Pump       | GAP             |
| 11:30  | 12:20 | 3         |                   |                     | Espalda Sana        |                     |                 |                 |                 |
| 11:45  | 12:30 | 2 CYCLING |                   |                     |                     |                     |                 | Cycling         | Cycling         |
| 12:00  | 12:50 | CROSS-MET |                   |                     |                     |                     |                 | Boxing          |                 |
| 12:15  | 12:30 | CROSS-MET |                   |                     |                     |                     |                 |                 | Abdominales     |
| 12:15  | 13:00 | 2 CYCLING | Cycling Virtual   | Cycling Virtual     | Cycling Virtual     |                     | Cycling Virtual |                 |                 |
| 12:30  | 12:45 | CROSS-MET |                   |                     |                     |                     |                 |                 | STRETCHING      |
| 12:30  | 13:00 | 1         |                   |                     |                     | HIOPRESIVOS_        |                 |                 |                 |
| 12:30  | 13:20 | CROSS-MET |                   |                     | Suspension Training |                     |                 |                 |                 |
| 12:30  | 13:20 | 1         | ESPALDA SANA_     |                     |                     |                     |                 | URBAN DANCE     |                 |
| 13:00  | 13:15 | CROSS-MET |                   |                     |                     |                     |                 | Abdominales     |                 |
| 13:00  | 13:30 | PISCINA 1 |                   |                     |                     |                     |                 | AQUAGYM         | AQUAGYM         |
| 13:15  | 13:30 | CROSS-MET |                   |                     |                     |                     |                 | STRETCHING      |                 |
| 14:00  | 14:50 | 3         |                   | Pilates Stretch     |                     | Body-Balance        |                 |                 |                 |
| 14:30  | 15:00 | CROSS-MET | GLOBAL TRAINING   |                     | GLOBAL TRAINING     |                     |                 |                 |                 |
| 14:30  | 15:00 | PISCINA 1 | AQUAGYM           |                     | AQUAGYM             |                     | AQUAGYM         |                 |                 |
| 14:30  | 15:15 | 2 CYCLING | Cycling           | Cycling             | Cycling             | Cycling Virtual     |                 | Cycling Virtual | Cycling Virtual |
| 14:30  | 15:20 | 1         | Zumba             | Body Combat         | Fitness Condition   | Body Pump           | GAP             |                 |                 |
| 15:15  | 15:30 | CROSS-MET |                   | Abdominales         | STRETCHING          | Abdominales         | Abdominales     |                 |                 |
| 15:30  | 16:00 | PISCINA 1 |                   | AQUAGYM             |                     | AQUAGYM             |                 |                 |                 |
| 15:30  | 16:15 | 2 CYCLING |                   | Cycling Virtual     |                     | CYCLING TEST FTP    | Cycling Virtual |                 |                 |
| 15:30  | 16:20 | 1         | GAP               | Body Pump           |                     |                     | Body Pump       |                 |                 |
| 16:30  | 17:20 | 1         |                   | Zumba               | ESPALDA SANA_       | Zumba               |                 |                 |                 |
| 16:30  | 18:00 | 3         |                   |                     |                     |                     | Yoga            |                 |                 |
| 17:00  | 17:45 | 2 CYCLING | Cycling           |                     |                     |                     |                 |                 |                 |
| 17:15  | 17:45 | CROSS-MET | GLOBAL TRAINING   |                     | GLOBAL TRAINING     |                     | GLOBAL TRAINING |                 |                 |
| 17:15  | 17:45 | 3         |                   | HIOPRESIVOS         |                     |                     |                 |                 |                 |
| 17:15  | 18:05 | CROSS-MET |                   |                     |                     | CROSS-MET           |                 |                 |                 |
| 17:15  | 18:05 | 3         | Pilates Stretch   |                     |                     |                     |                 |                 |                 |
| 17:30  | 18:15 | 2 CYCLING |                   | Cycling             |                     |                     |                 |                 |                 |
| 17:30  | 18:20 | 1         | URBAN DANCE       | Fitness Condition   | Body Pump           | PILATES_            |                 |                 |                 |
| 17:45  | 18:15 | CROSS-MET |                   | GLOBAL TRAINING     |                     |                     |                 |                 |                 |
| 18:00  | 18:45 | 2 CYCLING | Cycling           |                     | Cycling             |                     |                 |                 |                 |
| 18:00  | 18:50 | 3         |                   | Yoga                | Body-Balance        |                     |                 |                 |                 |
| 18:15  | 19:00 | 2 CYCLING |                   |                     |                     |                     | Cycling         |                 |                 |
| 18:15  | 19:05 | CROSS-MET | CROSS-MET         |                     | CROSS-MET           |                     |                 |                 |                 |
| 18:15  | 19:05 | 3         | Body-Balance      |                     |                     |                     | Body-Balance    |                 |                 |
| 18:30  | 19:00 | PISCINA 1 | AQUAGYM           |                     | AQUAGYM             |                     | AQUAGYM         | AQUAGYM         | AQUAGYM         |
| 18:30  | 19:15 | 2 CYCLING |                   | Cycling             |                     |                     |                 |                 |                 |
| 18:30  | 19:20 | CROSS-MET |                   |                     |                     | Boxing              | CROSS-MET       |                 |                 |
| 18:30  | 19:20 | 1         | Fitness Condition | Body Combat         | GAP                 | Body Pump           | Zumba           |                 |                 |
| 18:30  | 19:20 | 2 CYCLING |                   |                     |                     | CYCLING TEST FTP    |                 |                 |                 |
| 18:30  | 19:20 | 3         |                   |                     |                     | TAI CHI.            |                 |                 |                 |
| 19:00  | 19:45 | 2 CYCLING | Cycling           |                     | Cycling             |                     |                 | Cycling Virtual | Cycling Virtual |
| 19:00  | 19:50 | FITNESS   |                   | Running Club        |                     | Running Club        |                 |                 |                 |
| 19:00  | 19:50 | 3         |                   | Yoga                | Pilates Stretch     |                     |                 |                 |                 |
| 19:15  | 20:05 | CROSS-MET | CROSS-MET         |                     | CROSS-MET           |                     |                 |                 |                 |
| 19:15  | 20:05 | 3         | Pilates Stretch   |                     |                     |                     |                 |                 |                 |
| 19:30  | 20:00 | CROSS-MET |                   |                     |                     |                     |                 | GLOBAL TRAINING | GLOBAL TRAINING |
| 19:30  | 20:00 | PISCINA 1 | Swimming Club     | AQUAGYM             | Swimming Club       | AQUAGYM             |                 |                 |                 |
| 19:30  | 20:15 | 2 CYCLING |                   | Cycling             |                     |                     |                 |                 |                 |
| 19:30  | 20:20 | CROSS-MET |                   | Boxing              |                     |                     |                 |                 |                 |
| 19:30  | 20:20 | 1         | Zumba             | Body Pump           | Zumba               | Body Combat         | GAP             |                 |                 |
| 19:30  | 20:20 | 2 CYCLING |                   |                     |                     | CYCLING TEST FTP    |                 |                 |                 |
| 19:30  | 21:00 | 3         |                   |                     |                     | Yoga                |                 |                 |                 |
| 20:00  | 20:50 | 3         |                   |                     | Body-Balance        |                     |                 |                 |                 |
| 20:15  | 20:45 | CROSS-MET | GLOBAL TRAINING   |                     | GLOBAL TRAINING     |                     |                 |                 |                 |
| 20:15  | 21:05 | 3         | Espalda Sana      |                     |                     |                     |                 |                 |                 |
| 20:30  | 21:00 | PISCINA 1 | AQUAGYM           | Aqua-Running        | AQUAGYM             | Aqua-Running        |                 |                 |                 |
| 20:30  | 21:20 | CROSS-MET |                   | Suspension Training |                     | Suspension Training |                 |                 |                 |
| 20:30  | 21:20 | 1         | Body Combat       | Zumba               | Fitness Condition   | Zumba               |                 |                 |                 |