

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:00	07:45	CROSS-MET	CROSS-MET		HBX ROUND	CROSS-HIIT FULL BODY	CROSS-MET		
07:00	07:45	CYCLING	Cycling		Cycling		Cycling		
07:00	07:55	CROSS-MET		SUSPENSION TRAINING - MÁSTER 20 AÑOS					
07:00	07:55	1		Body Combat					
07:00	08:00	1				Body Pump			
07:15	07:45	PISCINA	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club		
07:15	08:00	CYCLING				Cycling Virtual			
07:45	08:00	ZONA FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
08:00	08:30	ZONA FITNESS		HYPER STRETCH		HYPER STRETCH			
08:00	08:55	2	MINDFULNESS		Yoga		Yoga		
08:30	09:15	CYCLING	Cycling Virtual		Cycling Virtual		Cycling Virtual		
09:00	09:15	ZONA FITNESS		GAP EXPRESS		GAP EXPRESS			
09:00	09:30	PISCINA		Aquaboard		Aquaboard			
09:30	10:25	1	Zumba			Zumba			
09:30	11:00	2				YOGA SPECIAL - MÁSTER 20 ANIVERSARIO		Yoga	
10:00	10:45	CROSS-MET		HBX ROUND	CROSS-MET	Suspension Training			CROSS-HIIT FULL BODY
10:00	10:45	CYCLING	CYCLING VIRTUAL ENG		CYCLING VIRTUAL ENG		Cycling Virtual	Cycling Virtual	Cycling Virtual
10:00	10:55	1					Body Pump	Body Pump	
10:00	10:55	2	Body-Balance	Yoga	Pilates Stretch				
10:00	11:30	OUTDOOR			TREKKING AL RÍO - MÁSTER 20 ANIVERSARIO				
10:30	11:00	PISCINA	Up-Aqua	Up-Aqua	Up-Aqua	Up-Aqua	Up-Aqua	Up-Aqua	Up-Aqua
10:30	11:25	1	Body Pump						
10:45	11:00	ZONA FITNESS	Abdominales		Abdominales		Abdominales		
11:00	11:15	ZONA FITNESS		GAP EXPRESS		GAP EXPRESS			
11:00	11:45	PISCINA		Aqua-Gym		Aqua-Gym			
11:00	11:45	CYCLING		Cycling	Cycling	Cycling			
11:00	11:55	PISCINA	AQUA GAMES - MÁSTER 20 ANIVERSARIO						
11:00	11:55	1		Tonificación	GAP				
11:00	11:55	2	Pilates Stretch						
11:05	12:00	1					Tonificación		
11:15	12:00	CYCLING	Cycling Virtual					Cycling	Cycling
11:30	12:15	CYCLING							
12:00	12:15	ZONA FITNESS		GAP EXPRESS		GAP EXPRESS			
12:00	12:30	PISCINA	Aquaboard		Aquaboard		Aquaboard		
12:15	12:30	ZONA FITNESS	Abdominales		Abdominales		Abdominales	Abdominales	Abdominales
12:15	12:45	PISCINA						Aquaboard	Aquaboard
12:30	13:00	ZONA FITNESS						HYPER STRETCH	HYPER STRETCH
13:00	13:30	ZONA FITNESS		HYPER STRETCH		HYPER STRETCH			
13:30	13:45	ZONA FITNESS	GAP EXPRESS		GAP EXPRESS		GAP EXPRESS		
14:00	14:15	ZONA FITNESS						Abdominales	Abdominales
14:00	14:55	1	ALL IN ONE - MÁSTER 20 ANIVERSARIO						
14:15	14:45	ZONA FITNESS						HYPER STRETCH	HYPER STRETCH
14:15	15:00	CROSS-MET		CROSS-MET		CROSS-MET	HBX ROUND		
14:15	15:00	OUTDOOR			Running Club				
14:15	15:00	PISCINA			Swimming Club				
14:15	15:00	2			Pilates Stretch				
14:15	15:00	CYCLING	Cycling	RHYTHM CYCLE - MÁSTER 20 ANIVERSARIO	Cycling	Cycling	CYCLING VIRTUAL ENG	Cycling Virtual	Cycling Virtual
14:30	15:00	PISCINA	Swimming Club	Swimming Club		Swimming Club	Swimming Club		
15:00	15:15	ZONA FITNESS	Abdominales	Abdominales	Abdominales	Abdominales	Abdominales		
16:00	16:45	CROSS-MET		HBX BOXING					
16:00	16:55	1	Tonificación		Tonificación	GAP			
16:00	16:55	2				Pilates Stretch	Body-Balance		
17:00	17:30	PISCINA						Aquaboard	Aquaboard
17:00	17:45	CYCLING	Cycling Virtual	CYCLING VIRTUAL ENG	Cycling Virtual				
17:00	17:55	1	GAP	Body Pump			Body Pump		
17:00	17:55	2	Pilates Stretch	Espalda Sana	Body-Balance				
17:15	18:00	CROSS-MET			CROSS-MET				
17:30	18:00	PISCINA	Aquaboard		Aquaboard		Aquaboard		
17:45	18:00	ZONA FITNESS	Abdominales	Abdominales			Abdominales		
18:00	18:15	ZONA FITNESS			Abdominales			Abdominales	Abdominales
18:00	18:30	PISCINA	Up-Aqua		Up-Aqua				
18:00	18:45	CROSS-MET		CROSS-HIIT UPPER BODY			CROSS-MET		
18:00	18:45	CYCLING	Cycling	Cycling	Cycling		Cycling	Cycling Virtual	Cycling Virtual
18:00	18:55	CROSS-MET	CROSSMET DJ - MÁSTER 20 ANIVERSARIO						
18:00	18:55	1	Body Pump	Zumba	Body Combat		Body Combat		
18:00	18:55	2	Yoga		Yoga		Yoga		
18:15	19:00	CROSS-MET			CROSS-HIIT LOW BODY				
18:30	19:00	PISCINA		Swimming Club				Swimming Club	Swimming Club
18:30	19:15	PISCINA	Aqua-Gym		Aqua-Gym				
18:30	19:25	2		Pilates Stretch					
18:45	19:00	ZONA FITNESS	Abdominales	Abdominales	Abdominales		Abdominales		
19:00	19:15	ZONA FITNESS						Abdominales	Abdominales
19:00	19:30	ZONA FITNESS	HYPER STRETCH		HYPER STRETCH		HYPER STRETCH		
19:00	19:45	CROSS-MET		HBX BOXING	HBX BOXING				
19:00	19:45	CYCLING	Cycling	Cycling	Cycling			Cycling Virtual	Cycling Virtual
19:00	19:55	1	Body Combat	Tonificación					
19:00	19:55	2	Pilates Stretch		Body-Balance				
19:00	20:30	OUTDOOR		Running Club					
19:00	20:30	1			DANCE FLOWER POWER-MÁSTER 20 ANIVERSARIO				
19:15	19:30	ZONA FITNESS						GAP EXPRESS	GAP EXPRESS
19:30	20:15	PISCINA		Aqua-Gym					
19:30	20:25	2		Yoga					
19:45	20:00	ZONA FITNESS	Abdominales	Abdominales	Abdominales			Abdominales	Abdominales
20:00	20:45	CROSS-MET	CROSS-HIIT LOW BODY	CROSS-MET	CROSS-MET				
20:00	20:45	CYCLING	Cycling Virtual		Cycling Virtual		Cycling Virtual		
20:00	20:55	2			MINDFULNESS				
20:30	21:00	ZONA FITNESS		HYPER STRETCH					

Acuáticas Alto gasto calórico Body-Mind Cardiovascular Coreografiadas Outdoor Tonificación Muscular