

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala          | Lunes           | Martes               | Miércoles             | Jueves            | Viernes              | Sábado           | Domingo         |
|--------|-------|---------------|-----------------|----------------------|-----------------------|-------------------|----------------------|------------------|-----------------|
| 07:15  | 08:00 | 1             |                 | BODY PUMP_           |                       | BODY PUMP_        |                      |                  |                 |
| 07:15  | 08:00 | CYCLING       |                 | Cycling Virtual      | Cycling               | Cycling Virtual   | Cycling              |                  |                 |
| 08:00  | 08:15 | FITNESS       |                 | Abdominales          | Abdominales           | Abdominales       | Abdominales          |                  |                 |
| 08:00  | 08:50 | 2             |                 | GAP                  | Tonificación          | Aerobic           | Tonificación         |                  |                 |
| 08:15  | 08:30 | FITNESS       |                 |                      | MIO-STRETCH           |                   | MIO-STRETCH          |                  |                 |
| 08:15  | 09:00 | CROSS-HIIT    |                 |                      |                       | HBX BOXING        |                      |                  |                 |
| 08:15  | 09:00 | CYCLING       |                 | Cycling Virtual      | Cycling Virtual       | Cycling Virtual   | Cycling Virtual      |                  |                 |
| 08:15  | 09:05 | 1             |                 | Pilates Stretch      | Fitness Condition     | Pilates Stretch   | Fitness Condition    |                  |                 |
| 09:00  | 09:15 | FITNESS       |                 | Abdominales          |                       | Abdominales       |                      |                  |                 |
| 09:00  | 09:50 | 2             |                 | Tonificación         | FITNESS CONDITION_    | Tonificación      | STRETCHING_          |                  |                 |
| 09:05  | 09:50 | CYCLING       |                 |                      |                       |                   |                      |                  | Cycling Virtual |
| 09:15  | 10:00 | CROSS-MET     |                 | CROSS-MET 45         |                       | CROSS-MET 45      |                      |                  |                 |
| 09:15  | 10:00 | PISCINA       |                 |                      | Aqua-Gym              |                   | Aqua-Gym             |                  |                 |
| 09:15  | 10:00 | CYCLING       | Cycling Virtual | Cycling Virtual      | Cycling               | Cycling Virtual   | Cycling              | Cycling Virtual  |                 |
| 09:15  | 10:05 | 1             |                 | Fitness Condition    | GAP_                  | Fitness Condition | GAP_                 |                  |                 |
| 09:15  | 10:10 | 2             |                 |                      |                       |                   |                      | YOGA_            |                 |
| 09:30  | 10:00 | CROSS-MET     |                 |                      | CROSS-MET 30          |                   | CROSS-MET 30         |                  |                 |
| 10:00  | 10:15 | FITNESS       |                 | Abdominales          | Abdominales           | Abdominales       | Abdominales          |                  |                 |
| 10:00  | 10:45 | CYCLING       | Cycling         |                      |                       |                   |                      |                  | Cycling         |
| 10:00  | 10:50 | 2             | Tonificación    | Tonificación         | Tonificación          | Tonificación      |                      |                  | Tonificación    |
| 10:00  | 10:55 | 1             |                 |                      |                       |                   |                      | BODY PUMP_       |                 |
| 10:15  | 10:30 | FITNESS       |                 |                      | MIO-STRETCH           |                   | MIO-STRETCH          |                  |                 |
| 10:15  | 11:00 | CROSS-HIIT    |                 | HBX BOXING           | CROSS-HIIT LOWER BODY |                   | CROSS-HIIT FULL BODY |                  |                 |
| 10:15  | 11:00 | CYCLING       |                 | Cycling              | Cycling Virtual       | Cycling           | Cycling Virtual      |                  |                 |
| 10:15  | 11:05 | 1             |                 | Aerostyle            | Body Combat           | Aerostyle         | Fitness Condition    |                  |                 |
| 10:15  | 11:05 | IRADIER       |                 | STRETCHING_          | Espalda Sana          | STRETCHING_       | Espalda Sana         |                  |                 |
| 11:00  | 11:15 | FITNESS       | Abdominales     | Abdominales          | Abdominales           | Abdominales       | Abdominales          | Abdominales      | Abdominales     |
| 11:00  | 11:50 | 2             |                 | Tonificación         |                       | Tonificación      |                      | Tonificación     |                 |
| 11:00  | 11:55 | 2             |                 |                      | YOGA_                 |                   | YOGA_                |                  |                 |
| 11:15  | 11:30 | FITNESS       | MIO-STRETCH     | MIO-STRETCH          | MIO-STRETCH           | MIO-STRETCH       | MIO-STRETCH          | MIO-STRETCH      | MIO-STRETCH     |
| 11:15  | 12:00 | PISCINA       |                 |                      | Aqua-Gym              |                   | Aqua-Gym             |                  |                 |
| 11:15  | 12:00 | CYCLING       | Cycling         |                      |                       |                   |                      | Cycling          | Cycling         |
| 11:15  | 12:05 | 1             | Zumba           | TOTAL BARRA_         | Fitness Condition     | TOTAL BARRA_      | TONIFICACIÓN_        |                  | Zumba           |
| 11:15  | 12:05 | IRADIER       |                 | PILATES-STRETCH_     | PILATES-STRETCH_      | PILATES-STRETCH_  |                      |                  |                 |
| 12:00  | 12:15 | FITNESS       | Abdominales     |                      |                       |                   |                      | Abdominales      | Abdominales     |
| 12:00  | 12:50 | 1             |                 |                      |                       |                   |                      | Zumba            |                 |
| 12:00  | 12:50 | 2             |                 |                      |                       |                   | DANZA CONTEMPORÁNEO_ |                  |                 |
| 12:15  | 12:30 | FITNESS       | MIO-STRETCH     |                      |                       |                   |                      | MIO-STRETCH      | MIO-STRETCH     |
| 12:15  | 12:45 | 2             |                 |                      | HIPOPRESIVOS          |                   |                      |                  |                 |
| 12:15  | 13:00 | PISCINA       | Aqua-Gym        | Aqua-Gym             |                       | Aqua-Gym          |                      | Aqua-Gym         | Aqua-Gym        |
| 12:15  | 13:05 | 1             |                 | SEVILLANAS_          | ESPALDA SANA_         | STRETCHING        | ESPALDA SANA_        |                  |                 |
| 12:15  | 13:05 | 2             | Body Pump       |                      |                       |                   |                      |                  | Body Pump       |
| 12:15  | 13:05 | IRADIER       |                 | Espalda Sana         |                       | Espalda Sana      |                      |                  |                 |
| 13:00  | 13:50 | 2             |                 | GAP                  | Tonificación          |                   |                      |                  |                 |
| 13:15  | 14:00 | CROSS-HIIT    |                 |                      | HBX BOXING            |                   |                      |                  |                 |
| 13:15  | 14:00 | CYCLING       | Cycling Virtual | Cycling Virtual      | Cycling Virtual       | Cycling Virtual   | Cycling Virtual      | Cycling Virtual  | Cycling Virtual |
| 13:15  | 14:05 | 1             |                 | SEVILLANAS_          | Zumba                 |                   | TONIFICACIÓN_        |                  |                 |
| 13:15  | 14:05 | 2             |                 |                      |                       |                   |                      | PILATES-STRETCH_ |                 |
| 13:15  | 14:05 | IRADIER       |                 |                      |                       | Sevillanas        |                      |                  |                 |
| 13:15  | 14:10 | 1             | PILATES/YOGA    |                      |                       |                   |                      |                  | PILATES/YOGA    |
| 13:30  | 13:45 | FITNESS       |                 | Abdominales          |                       | Abdominales       |                      |                  |                 |
| 13:45  | 14:00 | FITNESS       |                 | MIO-STRETCH          |                       | MIO-STRETCH       |                      |                  |                 |
| 14:00  | 14:30 | CROSS-MET     | CROSS-MET 30    |                      |                       |                   |                      | CROSS-MET 30     | CROSS-MET 30    |
| 14:00  | 14:50 | 2             |                 |                      | GAP                   |                   |                      |                  |                 |
| 14:00  | 14:55 | 2             |                 | YOGA_                |                       | YOGA_             | Body Pump            |                  |                 |
| 14:15  | 15:00 | CROSS-MET     |                 | CROSS-MET 45         |                       | CROSS-MET 45      |                      |                  |                 |
| 14:15  | 15:00 | 1             |                 |                      | Suspension Training   |                   |                      |                  |                 |
| 14:15  | 15:00 | CYCLING       |                 | Cycling              | Cycling               | Cycling           | Cycling              |                  |                 |
| 14:15  | 15:05 | 1             |                 | TONIFICACIÓN_        |                       | TOTAL BARRA_      | Zumba                |                  |                 |
| 14:15  | 15:05 | IRADIER       |                 |                      | STRETCHING_           |                   |                      |                  |                 |
| 14:15  | 15:10 | IRADIER       |                 | Flamenco             |                       | Flamenco          |                      |                  |                 |
| 14:30  | 15:00 | CROSS-MET     |                 |                      | CROSS-MET 30          |                   | CROSS-MET 30         |                  |                 |
| 15:00  | 15:15 | FITNESS       | Abdominales     | Abdominales          | Abdominales           | Abdominales       | Abdominales          | Abdominales      | Abdominales     |
| 15:00  | 15:50 | 2             |                 |                      | Tonificación          |                   |                      |                  |                 |
| 15:15  | 15:30 | FITNESS       | MIO-STRETCH     | MIO-STRETCH          | MIO-STRETCH           | MIO-STRETCH       | MIO-STRETCH          | MIO-STRETCH      | MIO-STRETCH     |
| 15:15  | 16:05 | 1             |                 | GAP_                 |                       | STRETCHING        |                      |                  |                 |
| 17:00  | 17:55 | 2             |                 | YOGA_                |                       | YOGA_             | YOGA_                |                  |                 |
| 17:15  | 18:05 | 1             |                 | GAP_                 |                       | GAP_              | TONIFICACIÓN_        |                  |                 |
| 17:15  | 18:05 | IRADIER       |                 |                      | PILATES-STRETCH_      |                   |                      |                  |                 |
| 17:30  | 18:00 | CROSS-MET     | CROSS-MET 30    | CROSS-MET 30         | CROSS-MET 30          | CROSS-MET 30      | CROSS-MET 30         | CROSS-MET 30     | CROSS-MET 30    |
| 18:00  | 18:45 | PISTA PADEL 2 |                 |                      |                       | PADEL CONDITION   |                      |                  |                 |
| 18:00  | 18:45 | CYCLING       | Cycling         | Cycling Virtual      | Cycling Virtual       | Cycling Virtual   | Cycling Virtual      | Cycling Virtual  | Cycling         |
| 18:00  | 18:50 | 2             |                 | DANZA CONTEMPORÁNEO_ | ZUMBA_                | Body Combat       |                      |                  |                 |
| 18:15  | 19:05 | 1             |                 | TOTAL BARRA_         | TONIFICACIÓN_         | Pilates Stretch   | DANZA-JAZZ           |                  |                 |
| 18:15  | 19:05 | IRADIER       |                 | PILATES-STRETCH_     | Espalda Sana          | TOTAL BARRA       |                      |                  |                 |
| 18:30  | 19:15 | PISCINA       |                 | Aqua-Gym             |                       | Aqua-Gym          |                      |                  |                 |
| 18:45  | 19:00 | FITNESS       | Abdominales     | Abdominales          | Abdominales           | Abdominales       | Abdominales          | Abdominales      | Abdominales     |
| 19:00  | 19:15 | FITNESS       | MIO-STRETCH     | MIO-STRETCH          | MIO-STRETCH           | MIO-STRETCH       | MIO-STRETCH          | MIO-STRETCH      | MIO-STRETCH     |
| 19:00  | 19:45 | CROSS-HIIT    |                 |                      | CROSS-HIIT UPPER BODY |                   |                      |                  |                 |
| 19:00  | 19:45 | CROSS-MET     |                 | CROSS-MET 45         |                       | CROSS-MET 45      |                      |                  |                 |
| 19:00  | 19:45 | CYCLING       | Cycling Virtual | Cycling              | Cycling               | Cycling           | Cycling              | Cycling Virtual  | Cycling Virtual |
| 19:00  | 19:50 | 2             |                 | GAP                  | Tonificación          |                   |                      |                  |                 |
| 19:00  | 19:55 | 2             |                 |                      |                       | Body Pump         |                      |                  |                 |
| 19:15  | 20:05 | 1             |                 | Zumba                | DANZA-JAZZ            | Zumba             | STRETCHING           |                  |                 |
| 19:15  | 20:05 | IRADIER       |                 | Sevillanas           |                       |                   |                      |                  |                 |
| 19:45  | 20:00 | FITNESS       |                 | Abdominales          |                       | Abdominales       | Abdominales          |                  |                 |
| 20:00  | 20:45 | CROSS-MET     |                 |                      | CROSS-MET 45          |                   |                      |                  |                 |
| 20:00  | 20:45 | PISTA PADEL 1 |                 | PADEL CONDITION      |                       |                   |                      |                  |                 |
| 20:00  | 20:45 | CYCLING       |                 | Cycling              | Cycling               | Cycling           |                      |                  |                 |
| 20:00  | 20:55 | OUTDOOR       |                 | Running Club         |                       | Running Club      |                      |                  |                 |
| 20:00  | 20:55 | 2             |                 | Body Pump            |                       |                   |                      |                  |                 |
| 20:00  | 21:00 | 2             |                 |                      | YOGA-                 |                   |                      |                  |                 |
| 20:15  | 21:00 | CROSS-HIIT    |                 | HBX BOXING           |                       | HBX BOXING        |                      |                  |                 |
| 20:15  | 21:05 | 1             |                 | Pilates Stretch      | Zumba                 |                   |                      |                  |                 |
| 20:15  | 21:05 | IRADIER       |                 |                      |                       | Sevillanas        |                      |                  |                 |
| 20:15  | 21:10 | 1             |                 |                      |                       | GAP_              |                      |                  |                 |
| 20:45  | 21:00 | FITNESS       |                 | Abdominales          | Abdominales           | Abdominales       | Abdominales          |                  |                 |
| 21:00  | 21:15 | FITNESS       |                 | MIO-STRETCH          | MIO-STRETCH           | MIO-STRETCH       | MIO-STRETCH          |                  |                 |