






























LUNES A VIERNES DE 06:00 - 22:30 | SÁBADOS DE 08:00 - 20:00 | DOMINGOS DE 09:00 - 15:00

	Lunes	Martes	Miércoles	Jueves	Viernes
8:00	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
9:00	 SPINNING	 SPINNING	 SPINNING	 SPINNING	 SPINNING
	PILATES	 ZUMBA	PILATES	 ZUMBA	PILATES
	TOTAL TRAINING		TOTAL TRAINING		TOTAL TRAINING
10:00	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
	G.A.P.	G.A.P.	G.A.P.	G.A.P.	G.A.P.
	 ZUMBA	PILATES	 ZUMBA	PILATES	 ZUMBA
11:00	AQUAGYM		AQUAGYM		AQUAGYM
	YOGA		YOGA		YOGA
	AQUAGYM	AQUAPILATES	AQUAGYM	AQUAPILATES	AQUAGYM
12:00		YOGA		YOGA	
14:00		AQUAGYM		AQUAGYM	
16:00		YOGA		YOGA	
	PILATES	PILATES	PILATES	PILATES	PILATES
17:00	CLUB DEL CORREDOR	FIT&CROSS	CLUB DEL CORREDOR	FIT&CROSS	CLUB DEL CORREDOR
		 ZUMBA		 ZUMBA	
17:15	 ZUMBA		 ZUMBA		 ZUMBA
17:30	B.A.P.	 SPINNING	B.A.P.	 SPINNING	B.A.P.
18:00		G.A.P.		G.A.P.	
18:15		 ZUMBA		 ZUMBA	
18:30	 ZUMBA	 SPINNING	 ZUMBA	 SPINNING	 ZUMBA
19:00		TOTAL TRAINING		TOTAL TRAINING	
19:15	FULL BODY	FIT&CROSS	FULL BODY	FIT&CROSS	FULL BODY
	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
19:30	FIT&CROSS		FIT&CROSS		FIT&CROSS
	 SPINNING		 SPINNING		 SPINNING
20:00		 SPINNING		 SPINNING	
		PILATES		PILATES	
20:15	AQUAGYM	AQUACOMBO	AQUAGYM	AQUACOMBO	AQUAGYM
	TOTAL TRAINING	STEP TRAINING	TOTAL TRAINING	STEP TRAINING	TOTAL TRAINING
20:30	YOGA		YOGA		YOGA
	 SPINNING		 SPINNING		
21:00		FULL BODY		FULL BODY	
21:15	AQUAFIT	AQUAFIT	AQUAFIT	AQUAFIT	AQUAFIT