

# Horario clases dirigidas



|       | LUNES                        | MARTES                              | MIÉRCOLES                           | JUEVES                              | VIERNES                         | SÁBADO                          | DOMINGO                         |
|-------|------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|---------------------------------|---------------------------------|---------------------------------|
| 7:15  | ATHLETIK 45' (S2)            | FULL TONO 45' (S2)                  | HBX BOXING 45' (S2)                 | GAP 45' (S2)                        | BODY PUMP 45' (S2)              |                                 |                                 |
|       | GROUP CYCLE (VIRTUAL - S4)   | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)      |                                 |                                 |
| 8:15  | GAP 45' (S2)                 | CYCLE INDOOR 45' (S4)               | FULL TONO 45' (S2)                  | ATHLETIK 45' (S2)                   | HBX BOXING 45' (S2)             |                                 |                                 |
|       | GROUP CYCLE (VIRTUAL - S4)   |                                     | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)      |                                 |                                 |
| 9:15  | BODY COMBAT 45' (S2)         |                                     | CYCLE INDOOR 45' (S4)               |                                     | FULL FITNESS 60' (S2)           |                                 | BODY PUMP 45' (VIRTUAL - S3)    |
|       | GROUP CYCLE (VIRTUAL - S4)   | GROUP CYCLE (VIRTUAL - S4)          |                                     | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)      | GROUP CYCLE (VIRTUAL - S4)      | GROUP CYCLE (VIRTUAL - S4)      |
| 9:30  | AQUAFIT 45' (PISC)           | AQUAFIT 45' (PISC)                  | AQUAFIT 45' (PISC)                  | AQUAFIT 45' (PISC)                  | AQUAFIT 45' (PISC)              |                                 |                                 |
|       |                              | BODY PUMP 45' (S2)                  |                                     | BODY PUMP 45' (S2)                  | FULL CIRCUIT 30' (OM)           |                                 |                                 |
| 10:00 |                              |                                     |                                     |                                     |                                 | SPECIAL CLASS 45' (S2)          |                                 |
| 10:15 | FULL CIRCUIT 30' (OM)        |                                     | FULL CIRCUIT 30' (OM)               |                                     | GLÚTEOS 30' (S2)                |                                 | BODY COMBAT 45' (VIRTUAL - S3)  |
| 10:30 | AQUAFIT 45' (PISC)           | FITNESS SALUD 45' (S2)              | AQUAFIT 45' (PISC)                  | FITNESS SALUD 45' (S2)              | AQUAFIT 45' (PISC)              |                                 |                                 |
| 10:45 | GLÚTEOS 30' (S2)             |                                     | BODY COMBAT 45' (S2)                |                                     |                                 |                                 |                                 |
|       | GROUP CYCLE (VIRTUAL - S4)   | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)      | GROUP CYCLE (VIRTUAL - S4)      | GROUP CYCLE (VIRTUAL - S4)      |
| 11:00 |                              | INICIACIÓN PÁDEL 60' (P. ES CENTRE) | INICIACIÓN PÁDEL 60' (P. ES CENTRE) | INICIACIÓN PÁDEL 60' (P. ES CENTRE) |                                 | GAP 30' (S2)                    |                                 |
| 11:15 |                              |                                     |                                     |                                     |                                 |                                 | BODY BALANCE 45' (VIRTUAL - S3) |
| 11:30 |                              |                                     |                                     |                                     |                                 | ESPALDA SANA 30' (S2)           |                                 |
| 12:15 | GROUP CYCLE (VIRTUAL - S4)   | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)      | GROUP CYCLE (VIRTUAL - S4)      | GROUP CYCLE (VIRTUAL - S4)      |
|       |                              |                                     |                                     |                                     |                                 | BODY COMBAT 45' (VIRTUAL - S3)  | BODY PUMP 45' (VIRTUAL - S3)    |
| 13:15 | GROUP CYCLE (VIRTUAL - S4)   | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)          | GROUP CYCLE (VIRTUAL - S4)      | GROUP CYCLE (VIRTUAL - S4)      | GROUP CYCLE (VIRTUAL - S4)      |
|       |                              |                                     |                                     |                                     |                                 | BODY PUMP 45' (VIRTUAL - S3)    | BODY COMBAT 45' (VIRTUAL - S3)  |
| 13:30 | GAP 45' (S2)                 | FULL TONO 45' (S2)                  | CORE 15' (S2)                       | ATHLETIK 45' (S2)                   | BODY PUMP 45' (S2)              |                                 |                                 |
| 13:45 |                              |                                     | GRIT 30' (S2)                       |                                     |                                 |                                 |                                 |
| 14:15 | BODY PUMP 45' (VIRTUAL - S3) | BODY PUMP 45' (VIRTUAL - S3)        | BODY PUMP 45' (VIRTUAL - S3)        | BODY COMBAT 45' (VIRTUAL - S3)      | BODY BALANCE 45' (VIRTUAL - S3) | BODY BALANCE 45' (VIRTUAL - S3) | BODY PUMP 45' (VIRTUAL - S3)    |
| 14:30 | FULL CIRCUIT 30' (OM)        | FULL CIRCUIT 30' (OM)               | FULL CIRCUIT 30' (OM)               | FULL CIRCUIT 30' (OM)               | FULL CIRCUIT 30' (OM)           |                                 |                                 |
| 15:15 | BODY PUMP 45' (VIRTUAL - S3) | BODY PUMP 45' (VIRTUAL - S3)        | GROUP CYCLE (VIRTUAL - S4)          | BODY BALANCE 30' (VIRTUAL - S3)     | BODY PUMP 45' (VIRTUAL - S3)    | BODY PUMP 45' (VIRTUAL - S3)    | BODY BALANCE 45' (VIRTUAL - S3) |
| 15:30 | ATHLETIK 45' (S2)            | HBX BOXING 45' (S2)                 | ELEMENTS 45' (S3)                   | BODY PUMP 45' (S2)                  | GRIT 30' (S2)                   |                                 |                                 |
| 16:00 |                              |                                     |                                     | CORE 30' (S3)                       | STRETCHING MIOFASCIAL 30' (S2)  |                                 |                                 |
|       |                              |                                     |                                     |                                     | BODY PUMP 45' (VIRTUAL - S3)    |                                 |                                 |
| 16:15 | BODY BALANCE 45' (S2)        | HIIT 30' (S3)                       | GLÚTEOS 30' (S2)                    |                                     |                                 | BODY COMBAT 45' (VIRTUAL - S3)  | BODY PUMP 45' (VIRTUAL - S3)    |
|       | BEP 30' (S3)                 |                                     | ATHLETIK 45' (S3)                   |                                     |                                 |                                 |                                 |
| 16:30 |                              | CORE 30' (S2)                       |                                     | HBX BOXING 45' (S2)                 |                                 |                                 |                                 |

|       | LUNES                      | MARTES                       | MIÉRCOLES                        | JUEVES                     | VIERNES                        | SÁBADO                          |
|-------|----------------------------|------------------------------|----------------------------------|----------------------------|--------------------------------|---------------------------------|
| 16:45 | GROUP CYCLE (VIRTUAL - S4) | GROUP CYCLE (VIRTUAL - S4)   | GROUP CYCLE (VIRTUAL - S4)       | GROUP CYCLE (VIRTUAL - S4) | GROUP CYCLE (VIRTUAL - S4)     | GROUP CYCLE (VIRTUAL - S4)      |
| 17:00 | CORE 30' (S3)              | GAP 30' (S3)                 | CORE 30' (S2)                    | CORE 30' (S3)              | GAP 45' (S3)                   |                                 |
|       |                            |                              | GRIT 30' (S3)                    |                            | HBX BOXING 45' (S2)            |                                 |
| 17:15 |                            | ESPALDA SANA 30' (S2)        |                                  |                            |                                | BODY PUMP 45' (VIRTUAL - S3)    |
| 17:30 | BODY COMBAT 45' (S2)       | ELEMENTS 30' (S3)            | GAP 45' (S2)                     | ELEMENTS 30' (S3)          |                                | BODY COMBAT 45' (VIRTUAL - S3)  |
|       | GLÚTEOS 30' (S3)           |                              |                                  | FULL TONO 45' (S2)         |                                |                                 |
| 17:45 | FULL CIRCUIT 30' (OM)      | FULL CIRCUIT 30' (OM)        | FULL CIRCUIT 30' (OM)            | FULL CIRCUIT 30' (OM)      |                                |                                 |
|       |                            |                              | ZUMBA 45' (S3)                   |                            |                                |                                 |
| 18:00 | CYCLE INDOOR 45' (S4)      | FULL FITNESS 60' (S2)        |                                  |                            | X-TIME 60' (S2/S3)             |                                 |
| 18:15 | ZUMBA 45' (S3)             | CORE 30' (S3)                |                                  | ZUMBA 60' (S3)             |                                | BODY BALANCE 45' (VIRTUAL - S3) |
|       |                            | CYCLE INDOOR 45' (S4)        |                                  | CYCLE INDOOR 45' (S4)      | CYCLE INDOOR 45' (S4)          |                                 |
| 18:30 | FULL CIRCUIT 30' (OM)      | FULL CIRCUIT 30' (OM)        | FULL CIRCUIT 30' (OM)            | FULL CIRCUIT 30' (OM)      |                                |                                 |
|       | BODY PUMP 60' (S2)         |                              | BODY PUMP 45' (S2)               | GAP 45' (S2)               |                                |                                 |
| 19:00 | FÚTBOL (CAMPO FÚTBOL 7)    |                              | REGUETÓN 45' (S3)                |                            |                                |                                 |
|       | FULL TONO 45' (S3)         | ATHLETIK 45' (S2)            | FÚTBOL 60' (CF)                  | ESTILOS 60' (S3)           | ZUMBA 45' (S3)                 |                                 |
| 19:15 |                            | ZUMBA 45' (S3)               |                                  |                            |                                |                                 |
|       |                            | FUNNY VOLEIBOL 60' (VP)      | FULL TONO 45' (S3)               | FUNNY VOLEIBOL 60' (VP)    | FÚTBOL 60' (CAMPO FÚTBOL 7)    |                                 |
| 19:30 | ATHLETIK 45' (S2)          |                              | BODY COMBAT 45' (S2)             | ATHLETIK 45' (S2)          |                                |                                 |
|       |                            |                              | CYCLE INDOOR 45' (S4)            |                            |                                |                                 |
| 19:45 | AQUAFIT 45' (PISC)         | FITNESS SALUD 45' (S3)       | AQUAFIT 45' (PISC)               | FITNESS SALUD 45' (S3)     | AQUAFIT 45' (PISC)             |                                 |
|       |                            |                              |                                  |                            | GLÚTEOS 30' (S3)               |                                 |
| 20:00 | ESTILOS 60' (S3)           | BODY PUMP 45' (S2)           | SALSA & BACHATA NIVEL 1 60' (S3) |                            |                                |                                 |
| 20:15 | GROUP CYCLE (VIRTUAL - S4) |                              |                                  |                            | STRETCHING MIOFASCIAL 30' (S3) |                                 |
|       | FULL CIRCUIT 30' (OM)      |                              | GLÚTEOS 30' (S2)                 |                            |                                |                                 |
| 20:30 | CORE 30' (S3)              |                              |                                  |                            |                                |                                 |
|       |                            | BODY PUMP 45' (VIRTUAL - S3) |                                  |                            |                                |                                 |
| 20:45 |                            |                              |                                  |                            |                                |                                 |
| 21:00 |                            |                              | SALSA & BACHATA NIVEL 2 60' (S3) |                            | BODY PUMP 45' (VIRTUAL - S3)   |                                 |

S2 SALA 2 S3 SALA 3 S4 SALA 4 PISC PISCINA 25M SF SALA FITNESS OM SALA OMNIA CF CAMPO FÚTBOL

VP VOLLEY PLAYA\* PP PISTA PÁDEL\* PO PISCINA OUTDOOR\* \*En caso de lluvia la clase puede suspenderse

