

**HORARIO DE  
ACTIVIDADES  
DIRIGIDAS**

- **CARDIO**
- **TONIFICACIÓN MUSCULAR**
- **CUERPO/MENTE**
- **AGUA**

**SEMANA DEL 22-28 JUNIO 2026**

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
<b>07:00</b>	7:30 - 8:20 SALA CICLO <b>CICLO</b>	7:30 - 8:25 HANGAR 1 <b>BODY PUMP</b>	7:30 - 8:20 SALA CICLO <b>CICLO</b>	7:30 - 8:25 HANGAR 1 <b>BODY PUMP HEAVY</b>	7:30 - 8:20 SALA CICLO <b>CICLO</b>		
<b>08:00</b>	8:30 - 9:20 HANGAR 2 <b>PILATES</b>	8:30 - 9:20 SALA CICLO <b>CICLO</b>	8:30 - 9:20 HANGAR 2 <b>PILATES</b>	8:30 - 9:20 SALA CICLO <b>CICLO</b>	8:30 - 9:20 HANGAR 2 <b>PILATES</b>		
	8:30 - 9:20 HANGAR 3 <b>FITNESS</b>		8:30 - 9:20 HANGAR 3 <b>FITNESS</b>		8:30 - 9:20 HANGAR 3 <b>FITNESS</b>		
<b>09:00</b>	9:30-10:20 HANGAR 2 <b>CORE</b>	9:30-10:20 HANGAR 3 <b>GAP 50'</b>	9:30-10:20 HANGAR 2 <b>CORE</b>	9:30-10:20 HANGAR 3 <b>GAP 50'</b>			
	9:30 -10:20 HANGAR 1 <b>YOGA</b>	9:30 - 10:20 HANGAR 1 <b>ZUMBA</b>	9:30 -10:20 HANGAR 1 <b>YOGA</b>	9:30 - 10:20 HANGAR 1 <b>ZUMBA</b>	9:30 -10:20 HANGAR 1 <b>YOGA</b>		
	9:30- 10:20 SALA CICLO <b>CICLO</b>	9:30- 10:20 S.BOX <b>BOX 50'</b>	9:30- 10:20 SALA CICLO <b>CICLO</b>	9:30- 10:20 S.BOX <b>BOX 50'</b>	9:30 - 10:20 SALA CICLO <b>CICLO</b>		
						9:00 - 9:50 H 2 <b>PILATES</b>	9:00-9:50 S. BOX <b>HYBRID 50'</b>
<b>10:00</b>	10:00 - 10:50 PISCINA <b>HIDROGIMNASIA</b>	10:30 - 11:20 PISCINA <b>AQUAGYM</b>	10:00 - 10:50 PISCINA <b>HIDROGIMNASIA</b>	10:30 - 11:20 PISCINA <b>AQUAGYM</b>	10:30-11:25 HANGAR 1 <b>BODY PUMP</b>		
	10:30-11:25 HANGAR 1 <b>BODY PUMP HEAVY</b>	10:30-11:20 SALA BOX <b>HYBRID</b>	10:30-11:25 HANGAR 1 <b>BODY PUMP</b>	10:30-11:20 SALA BOX <b>HYBRID</b>	10:30-11:20 HANGAR 3 <b>BODY BALANCE</b>		
	10:30 -11:20 LUDO <b>GIMNASIA SUAVE</b>	10:30 -11:20 LUDO <b>GIMNASIA SUAVE</b>	10:30 -11:20 LUDO <b>GIMNASIA SUAVE</b>	10:30 -11:20 LUDO <b>GIMNASIA SUAVE</b>		10:00-10:50 S.C <b>CICLO</b>	10:00-10:50 S.C <b>CICLO</b>
	10:30-11:20 HANGAR 3 <b>ZUMBA</b>	10:30-11:20 HANGAR 3 <b>PILATES</b>	10:30-11:20 HANGAR 3 <b>ZUMBA</b>	10:30-11:20 HANGAR 3 <b>PILATES</b>		10:30 - 11:20 P <b>AQUAGYM</b>	10:30 - 11:20 P <b>AQUAGYM</b>
<b>11:00</b>	11:00 - 11:50 PISCINA <b>AQUAGYM</b>	11:30-12:20 HANGAR 3 <b>FITNESS</b>	11:00 - 11:50 PISCINA <b>AQUAGYM</b>	11:30 -12:20 HANGAR 3 <b>FITNESS</b>	11:00 - 11:50 PISCINA <b>AQUAGYM</b>	11:00 - 11:55 H 1 <b>BODY PUMP</b>	11:00 - 11:55 H 1 <b>BODY PUMP</b>
<b>12:00</b>						12:10-13:00 S.C <b>CICLO</b>	12:10-13:00 S.C <b>CICLO</b>

1: Hangar 1 (planta 0) · 2: Hangar 2 (planta 2). 3. Hangar 3 (planta 2) · C: Sala ciclo (planta 0)  
F: Sala Fitness (planta 3) · P: Piscina (Planta 1) · Sala Box (planta 0)

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**SEMANA DEL 22-28 JUNIO 2026**

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
14:00	14:30 -15:20 SALA CICLO <b>CICLO</b>	14:30-15:25 HANGAR 1 <b>BODY PUMP</b>	14:30 -15:20 SALA CICLO <b>CICLO</b>	14:30 -15:25 HANGAR 1 <b>BODY PUMP</b>		
	14:30 - 15:20 PISCINA <b>AQUAGYM</b>		14:30 -15:20 PISCINA <b>AQUAGYM</b>		14:30 -15:20 PISCINA <b>AQUAGYM</b>	
15:00	15:30 - 16:20 HANGAR 2 <b>PILATES</b>	15:30-16:20 SALA CICLO <b>CICLO</b>	15:30 - 16:20 HANGAR 2 <b>PILATES</b>	15:30-16:20 SALA CICLO <b>CICLO</b>		
17:00	17:00 - 17:55 HANGAR 1 <b>BODY PUMP</b>	17:00 -17:50 HANGAR 2 <b>PILATES</b>	17:00 - 17:55 HANGAR 1 <b>BODY PUMP HEAVY</b>	17:00 -17:50 HANGAR 2 <b>PILATES</b>	17:00 -17:50 HANGAR 2 <b>PILATES</b>	
	17:00 -17:50 HANGAR 2 <b>PILATES</b>	17:00 - 17:55 HANGAR 1 <b>BODY PUMP</b>	17:00 -17:50 HANGAR 2 <b>PILATES</b>	17:00 - 17:55 HANGAR 1 <b>BODY PUMP HEAVY</b>		
18:00	18:00 -18:50 SALA CICLO <b>CICLO</b>	18:00-18:50 SALA CICLO <b>CICLO</b>	18:00 -18:50 SALA CICLO <b>CICLO</b>	18:00-18:50 SALA CICLO <b>CICLO</b>	18:00 - 18:55 HANGAR 1 <b>BODY PUMP</b>	
	18:00 -18:50 HANGAR 2 <b>BODY BALANCE</b>	18:00-18:50 S. BOX <b>BOX 50'</b>	18:00 -18:50 HANGAR 2 <b>BODY BALANCE</b>	18:00-18:50 S. BOX <b>BOX 50'</b>		
	18:00- 18:50 S.BOX <b>HYBRID 50'</b>	18:00-18:50 HANGAR 2 <b>CORE 50'</b>	18:00- 18:50 S.BOX <b>HYBRID 50'</b>	18:00-18:50 HANGAR 2 <b>CORE 50'</b>		
	18:00 - 18:55 HANGAR 1 <b>BODY PUMP HEAVY</b>	18:00 -18:55 HANGAR 3 <b>FITNESS</b>	17:00 - 17:55 HANGAR 1 <b>BODY PUMP</b>	18:00 -18:55 HANGAR 3 <b>FITNESS</b>		
19:00	19:00-19:50 HANGAR 3 <b>BODY COMBAT</b>	19:00-19:50 HANGAR 3 <b>ZUMBA</b>	19:00-19:50 HANGAR 3 <b>BODY COMBAT</b>	19:00-19:50 HANGAR 3 <b>ZUMBA</b>	19:00-19:50 SALA CICLO <b>CICLO</b>	
	19:00 -19:50 SALA CICLO <b>CICLO</b>	19:00-19:50 SALA CICLO <b>CICLO</b>	19:00 -19:50 SALA CICLO <b>CICLO</b>	19:00-19:50 SALA CICLO <b>CICLO</b>		
	19:00 -19:50 HANGAR 1 <b>YOGA</b>	19:00-19:55 HANGAR 1 <b>BODY PUMP HEAVY</b>	19:00 -19:50 HANGAR 1 <b>YOGA</b>	19:00-19:55 HANGAR 1 <b>BODYPUMP</b>		
	19:00 -19:50 HANGAR 2 <b>GAP 50'</b>	19:00-19:50 S. BOX <b>HYBRID 50'</b>	19:00 -19:50 HANGAR 2 <b>GAP 50'</b>	19:00-19:50 S. BOX <b>HYBRID 50'</b>		
	19:00-19:50 S. BOX <b>HYBRID 50'</b>	19:00 -19:50 HANGAR 2 <b>PILATES</b>	19:00-19:50 S. BOX <b>HYBRID 50'</b>	19:00 -19:50 HANGAR 2 <b>PILATES</b>		
20:00	20:00 -20:55 HANGAR 1 <b>BODY PUMP</b>	20:00- 20:50 S.BOX <b>BOX 50'</b>	20:00 -20:55 HANGAR 1 <b>BODY PUMP HEAVY</b>	20:00- 20:50 S.BOX <b>BOX 50'</b>	20:00 -20:55 HANGAR 1 <b>BODY PUMP HEAVY</b>	
	20:00 -20:50 HANGAR 2 <b>PILATES</b>	20:00 -20:50 HANGAR 2 <b>PILATES</b>	20:00 -20:50 HANGAR 2 <b>PILATES</b>	20:00 -20:50 HANGAR 2 <b>PILATES</b>		
	20:00 -20:50 HANGAR 3 <b>ZUMBA</b>	20:00-20:50 SALA CICLO <b>CICLO</b>	20:00 -20:50 HANGAR 3 <b>ZUMBA</b>	20:00-20:50 SALA CICLO <b>CICLO</b>		
	20:00 -20:50 PISCINA <b>AQUAGYM</b>	20:00 -20:50 PISCINA <b>AQUAGYM</b>	20:00 -20:50 PISCINA <b>AQUAGYM</b>	20:00 -20:50 PISCINA <b>AQUAGYM</b>		
	20:00 -21:00 EXTERIOR <b>CLUB RUNNING</b>	20:00 -20:55 HANGAR 1 <b>BODY PUMP</b>	20:00 -21:00 EXTERIOR <b>CLUB RUNNING</b>	20:00 -20:55 HANGAR 1 <b>BODY PUMP</b>		
21:00	21:00- 21:50 S.BOX <b>BOX 50'</b>	21:00 -21:50 S. BOX <b>HYBRID 50'</b>	21:00- 21:50 S.BOX <b>BOX 50'</b>	21:00 -21:50 S. BOX <b>HYBRID 50'</b>		
	21:00 - 21:55 HANGAR 1 <b>BODY PUMP HEAVY</b>	21:00-21:50 SALA CICLO <b>CICLO</b>	21:00 - 21:55 HANGAR 1 <b>BODY PUMP</b>	21:00-21:50 SALA CICLO <b>CICLO</b>		

1: Hangar 1 (planta 0) · 2: Hangar 2 (planta 2). 3. Hangar 3 (planta 2) · C: Sala ciclo (planta 0)  
F: Sala Fitness (planta 3) · P: Piscina (Planta 1) · Sala Box (planta 0)