

## HORARIO DE ACTIVIDADES DIRIGIDAS

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

DESDE EL 01/12/2025

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

# HORARIO DE ACTIVIDADES DIRIGIDAS



H I S P A N O  
H A P P I N E S S C L U B

DESDE EL 01/12/2025

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

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