



HORARIO HORARI	SALA	LUNES DILLUNS	MARTES DIMARTS	MIÉRCOLES DIMECRES	JUEVES DIJOUS	VIERNES DIVENDRES	SABADO DISSABTE
8:15	AGUA	*AQUAFITNESS	AQUAFITNESS	*AQUAFITNESS	AQUAFITNESS	*AQUAFITNESS	
8:30	1	DYNAMIC					
9:15	1 2		AQUAFITNESS		AQUAFITNESS	CUBBA CARDIOSTEP	
9:30	1 2	CUBBA COMBO	YOGA BODYENERGY	CUBBA COMBO	YOGA BODYENERGY		
10:00	AGUA 3	AQUAFITNESS SPINNING	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS SPINNING	
10:15	1 2					MOVILITY BODYPOWER	
10:30	1 2	PILATES ENTRE.FUNCIONAL	RADIKAL HIPOPRESIVOS	PILATES ENTRE.FUNCIONAL	RADIKAL HIPOPRESIVOS		
10:45	AGUA	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	ENTRE.FUNCIONAL
11:00	1					MOVILITY	
11:30	1 AGUA 2	PILATES AQUAFITNESS CORE'30	HIPOPRESIVOS	PILATES AQUAFITNESS CORE'30	HIPOPRESIVOS	<b>AQUAFITNESS</b>	
12:00	3						SPINNING
12:30	1		THAI-CHI		CHIKUNG		
14:00	1 3	SPINNING	ENTRE.FUNCIONAL	SPINNING	ENTRE.FUNCIONAL	SPINNING	
15:15	3	SPINNING		SPINNING			
15:30	1	PILATES	COMO-HIT	PILATES	COMO-HIT	PILATES	
15:30	AGUA	*AQUAFIT	*AQUAFIT	*AQUAFIT	*AQUAFIT		
16:15	AGUA		AQUAFITNESS		AQUAFITNESS		
18:00	2 1	CUBBA THAI-CHI	GAP-FITNESS CUBBA	CUBBA THAI-CHI	GAP-FITNESS CUBBA	BALANCE	
19:00	1 2 3 AGUA	YOGA BOYPOWER SPINNING AQUAFITNESS	PILATES BODYENERGY SPINNING	YOGA BOYPOWER SPINNING AQUAFITNESS	PILATES BODYENERGY SPINNING	ENTRE.FUNCIONAL SPINNING	
19:15	AGUA		AQUAFITNESS		AQUAFITNESS		
19:35	AGUA					<b>AQUAFITNESS</b>	
19:45	AGUA	AQUAFITNESS		AQUAFITNESS			
20:00	1 3 AGUA	ENTRE.FUNCIONAL SPINNING	CIRCUIT-FIT SPINNING AQUAFITNESS	ENTRE.FUNCIONAL SPINNING	CIRCUIT-FIT SPINNING AQUAFITNESS		
20:30	AGUA	AQUAFITNESS		AQUAFITNESS			

\*AQUAFIT SE REALIZA EN PISCINA GRANDE

