

ACTIVIDADES DIRIGIDAS 2025/2026

HORARIOS	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
7:30										
8:30										
9:30	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP
10:30	ENERGY CYCLING	CORE/STREACHING	PILATES	CEREMONY STUDIO	ENERGY CYCLING	CORE/STREACHING	PILATES	BODY BALANCE	ENERGY CYCLING	BOXEO
	YOGA	SKILL X	ENERGY CYCLING		YOGA	BODY BALANCE	ENERGY CYCLING	CEREMONY STUDIO	YOGA	SKILL X
	GLUTEO 10		BODY BALANCE		SKILL X	GLUTEO 10				
11:30	PILATES	YOGA	YOGA	BOXEO	PILATES	GLUTEO 10	YOGA	BOXEO	PILATES	YOGA
					YOGA					
12:30										
13:30										
14:30										
15:30										
16:30										
17:30	ZUMBA	PILATES	ZUMBA	BOXEO	ZUMBA	PILATES	ZUMBA	BOXEO	ZUMBA	PILATES
		BOXEO				BOXEO				BOXEO
18:30	ENERGY CYCLING	CEREMONY STUDIO	ENERGY CYCLING	CEREMONY STUDIO	ENERGY CYCLING	YOGA	ENERGY CYCLING	CEREMONY STUDIO	ENERGY CYCLING	
	YOGA		PILATES		PILATES		YOGA			
	PILATES		GLUTEO 10		PILATES		GLUTEO 10		PILATES	
19:30	GLUTEO 10	CORE/STREACHING	ENERGY CYCLING	BODY COMBAT	GLUTEO 10	CEREMONY STUDIO	ENERGY CYCLING	CORE / STREACHING	GLUTEO 10	CORE / STREACHING
	BODY PUMP		PILATES		BODY PUMP		PILATES		BODY PUMP	CEREMONY STUDIO
	ENERGY CYCLING	SKILL X	YOGA	SKILL X	ENERGY CYCLING	SKILL X	YOGA	SKILL X	ENERGY CYCLING	SKILL X
20:30	BODY PUMP	SKILL X		SKILL X	BODY PUMP	SKILL X	SKILL X	BODY PUMP		SKILL X
21:30										

PÁDEL

ESCALADA

LUNES		MARTES		MIÉRCOLES		JUEVES	
17:30 a 19:00 - 19:00 a 20:30		17:30 a 19:00 - 19:00 a 20:30		17:30 a 19:00 - 19:00 a 20:30 - 20:30 a 22:00		17:30 a 19:00 - 19:00 a 20:30	
LUNES Y MIÉRCOLES			MARTES Y JUEVES			VIERNES	SÁBADO
10:00 a 12:00 - 16:00 a 18:00 - 18:00 a 20:00 - 20:00 a 22:00			16:00 a 18:00 - 18:00 a 20:00 - 20:00 a 22:00			16:00 a 18:00	10:00 a 12:00