

# HORARIO DE ACTIVIDADES DIRIGIDAS



HORA	LUNES	MARTES	MIERC	JUEVES	VIERNES	SABADO
08:30h	08:30/ 09:30h SPINNING	08:30/ 09:30h CIRCUITO	08:30/ 09:30h SPINNING	08:30/ 09:30h CIRCUITO	08:30/ 09:30h SPINNING	
		08:30/09:30h PILATES	08:30/09:30h BALANCE	08:30/09:30h PILATES	08:30/09:30h BALANCE	09:15/10:00h LIDOHIT
09:30h	09:30/ 10:30h SPINNING	09:30/ 10:30h SPINNING	09:30/ 10:30h SPINNING	09:30/ 10:30h SPINNING	09:30/ 10:30h SPINNING	10:00/11:00h SPINNING
	09:30/ 10:30h BODY PUMP	09:30/10:30h AER. DANZA	09:30/ 10:30h BODY PUMP	09:30/10:30h AER. DANZA	09:30/ 10:30h BODY PUMP	
	09:30/ 10:30h F. TRAINING	09:30/ 10:30h CIRCUITO	09:30/ 10:30h F. TRAINING	09:30/ 10:30h CIRCUITO	09:30/ 10:30h F. TRAINING	
10:30h	10:30/ 11:00h CXWORK	10:30/ 11:30h BODY PUMP	10:30/ 11:00h CXWORK	10:30/ 11:30h BODY PUMP	10:30/ 11:00h CXWORK	
		10:30/ 11:30h SPINNING		10:30/ 11:30h SPINNING		
11:00h	11:00/12:00h B. COMBAT		11:00/12:00h B. COMBAT			
11:30h		11:30/ 12:30h YOGA		11:30/ 12:30h YOGA		
13:00h	13:00/ 14:00h F. TRAINING		13:00/ 14:00h F. TRAINING		13:00/ 14:00h F. TRAINING	
14:30h	14:30/ 15:30h SPINNING	14:30/ 15:30h B. COMBAT	14:30/ 15:30h SPINNING	14:30/ 15:30h B. COMBAT		
		14:30/ 15:30h F. TRAINING		14:30/ 15:30h F. TRAINING		
15:30h	15:30/ 16:30h BODY PUMP		15:30/ 16:30h BODY PUMP			

HORA	LUNES	MARTES	MIERC	JUEVES	VIERNES
17:30h	17:30/ 18:30h YOGA	17:30/19:00h BOXEO	17:30/ 18:30h YOGA	17:30/19:00h BOXEO	17:30/19:00h BOXEO
	17:30/ 18:30h CAPOEIRA		17:30/ 18:30h CAPOEIRA		
18:00h		18:00/ 19:00h SPINNING		18:00/ 19:00h SPINNING	
		18:00/ 19:00h PILATES			18:00/ 19:00h PILATES
18:30h	18:30/ 19:30h SPINNING		18:30/ 19:30h SPINNING		18:30/19:30h SPINNING
	18:30/ 19:30h BODY PUMP		18:30/ 19:30h BODY PUMP		
	18:30/19:30h CIRCUITO		18:30/19:30h CIRCUITO		
19:00h		19:00/ 20:00h SPINNING		19:00/ 20:00h SPINNING	19:00/ 19:30h CXWORK
		19:00/19:30h LIDOHIT		19:00/19:30h LIDOHIT	
		19:00/ 20:00h BODY PUMP		19:00/ 20:00h BODY PUMP	
19:30h	19:30/ 20:30h SPINNING	19:30/20:00h LIDOHIT	19:30/ 20:30h SPINNING	19:30/20:00h LIDOHIT	19:30/ 20:30h SPINNING
	19:30/ 20:30h BODY PUMP		19:30/ 20:30h BODY PUMP		19:30/ 20:30h BODY PUMP
	19:30/ 20:30h F. TRAINING		19:30/ 20:30h F. TRAINING		19:30/ 20:30h F. TRAINING
20:00h		20:00/ 20:30h CX WORK		20:00/ 20:30h CX WORK	
		20:00/ 21:00h SPINNING		20:00/ 21:00h SPINNING	
		20:00/ 21:00h F. TRAINING		20:00/ 21:00h F. TRAINING	
20:30h	20:30/ 21:30h SPINNING		20:30/ 21:30h SPINNING		
	20:30/ 21:30h B. COMBAT	20:30/ 21:30h AER.DANZA	20:30/ 21:30h B. COMBAT	20:30/ 21:30h AER.DANZA	
	20:30/ 21:30h F. TRAINING		20:30/ 21:30h F. TRAINING		20:30/ 21:30h F. TRAINING
21:00h					
		21:00/ 22:00h F. TRAINING		21:00/ 22:00h F. TRAINING	
21:30h	21:30/ 22:30h F. TRAINING		21:30/ 22:30h F. TRAINING		

## HORARIO APERTURA INSTALACIONES

Lunes a Viernes de: 08:00 a 22:30h y Sábados de: 09:00 a 18:00h

WEB reservas Funcional: <http://trainime.power-net.es>

whatsapp reserva: 603 563 461

1. Recuerde que puede reservar las clases a partir del día anterior.
2. Tendrán prioridad de acceso a las clases las reservas.
3. Si 5 minutos después de la hora fijada para el comienzo no ha accedido a la clase, las reservas perderan su derecho de prioridad

