



SALA CUERPO Y MENTE

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|-------|---------------|---------------|---------------|---------------|---------|
| 9:00 | | ESPALDA SANA | | ESPALDA SANA | |
| 10:00 | | BAILES LATINO | | BAILES LATINO | |
| 11:00 | BAILES LATINO | BODYBALANCE | BAILES LATINO | BODYBALANCE | |
| 16:00 | URBANDANCE | URBANDANCE | URBANDANCE | URBANDANCE | |
| 17:00 | URBANDANCE | URBANDANCE | URBANDANCE | URBANDANCE | |
| 18:00 | URBANDANCE | URBANDANCE | URBANDANCE | URBANDANCE | |
| 19:00 | BAILES LATINO | BAILES LATINO | BAILES LATINO | BAILES LATINO | |
| 20:00 | ESPALDA SANA | | ESPALDA SANA | | |



SALA FITNESSSDROMO

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|-------|---------------|---------------|---------------|---------------|---------------|
| 7:00 | BODYCOMBAT | BODYPUMP | BODYCOMBAT | BODYPUMP | BODYCOMBAT |
| 10:00 | BODYPUMP | PILATES SUELO | BODYPUMP | PILATES SUELO | BODYPUMP |
| 11:00 | GAP | | | | |
| 12:00 | PILATES SUELO | ESPALDA SANA | PILATES SUELO | ESPALDA SANA | PILATES SUELO |
| 13:00 | ESPALDA SANA | | ESPALDA SANA | | ESPALDA SANA |
| 16:00 | GAP | BODYPUMP | BODYTONIC | BODYPUMP | |
| 17:00 | BODYCOMBAT | BODYTONIC | BODYCOMBAT | GAP | GAP |
| 18:00 | PILATES SUELO | BODYCOMBAT | PILATES SUELO | BODYCOMBAT | PILATES SUELO |
| 19:00 | BODYPUMP | GAP | BODYPUMP | BODYTONIC | BODYPUMP |
| 20:00 | BODYTONIC | PILATES SUELO | GAP | PILATES SUELO | BODYCOMBAT |



PABELLON 3

ZONA EXTERIOR

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|-------|---------------------|---------------------|---------------------|---------------------|---------------------|
| 8:00 | BODYPUMP | BODYTONIC | BODYPUMP | BODYTONIC | BODYPUMP |
| 9:00 | ZUMBA | TAICHI | ZUMBA | TAICHI | ZUMBA |
| 10:00 | ACT. FISICA Y SALUD | ACT. FISICA Y SALUD | ACT. FISICA Y SALUD | ACT. FISICA Y SALUD | ACT. FISICA Y SALUD |
| 11:00 | | ZUMBA | GAP | ZUMBA | GAP |
| 12:00 | TAICHI | GAP | TAICHI | GAP | TAICHI |
| 18:00 | ZUMBA | | ZUMBA | | ZUMBA |
| 19:00 | | TAICHI | | TAICHI | |
| 20:00 | | ZUMBA | | ZUMBA | |



SALA ARTES MARCIALES

| | LUNES | MARTES | MIÉRCOLES | JUEVES |
|-------|-------|-----------------|-----------|-----------------|
| 10:00 | YOGA | YOGA | YOGA | YOGA |
| 16:00 | JUDO | PSICOMOTRICIDAD | JUDO | PSICOMOTRICIDAD |
| 17:00 | JUDO | PSICOMOTRICIDAD | JUDO | PSICOMOTRICIDAD |
| 18:00 | JUDO | | JUDO | |
| 20:00 | YOGA | | YOGA | |