

Horario de actividades 2026-27

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00		TOTAL TRAINING 7:00-8:00		TOTAL TRAINING 7:00-8:00			
08:00	POWER 8:00-9:00	CICLO VIRTUAL 8:00-9:00	POWER 8:00-9:00	CICLO VIRTUAL 8:00-9:00			
09:00	PILATES 9:00-10:00	GAP 9:00-9:30 AF SUAVE 9:00-10:00	PILATES 9:00-10:00	FLOW 9:00-10:00 GAP 9:00-9:30 PILATES 9:00-10:00			
09:30	CICLO 9:30-10:30 TOTAL TRAINING 9:30-10:30	CICLO 9:30-10:30	CICLO 9:30-10:30 TOTAL TRAINING 9:30-10:30	CICLO 9:30-10:30	CICLO 9:30-10:30 AF SUAVE 9:30-10:30 TOTAL TRAINING 9:30-10:30		
10:00	AF SUAVE 10:00-11:00	PILATES 10:00-11:00	BODYCOMBAT 10:00-11:00 AF SUAVE 10:00-11:00	PILATES 10:00-11:00			
10:30	CORE 10:30-11:00	HYBRID ENDURANCE 10:30-11:30	CORE 10:30-11:00	HYBRID ENDURANCE 10:30-11:30	CORE 10:30-11:00		
11:00	YOGA 11:00-12:00 AQUAGYM 11:00-12:00	ZUMBA 11:00-12:00 AQUAGYM 11:00-12:00	YOGA 11:00-12:00 AQUAGYM 11:00-12:00	ZUMBA 11:00-12:00 AQUAGYM 11:00-12:00	YOGA 11:00-11:30 AQUAGYM 11:00-12:00	CLUB JUNIOR 11:00-13:00	AQUAGYM 11:00-12:00
11:30						CORE 11:30-12:00	
12:00		POWER 12:00-13:00		POWER 12:00-13:00		CICLO 12:00-13:00 AQUAGYM 12:00-13:00	
12:45		AQUACROSS 12:45-13:15		AQUACROSS 12:45-13:15			
17:00	POWER 17:00-18:00 LUDOTECA 17:00-20:00 TRAINING INFANTIL 17:00-18:00	TOTAL TRAINING 17:00-18:00 POWER 17:00-18:00 CICLO VIRTUAL 17:00-18:00 LUDOTECA 17:00-20:00	POWER 17:00-18:00 LUDOTECA 17:00-20:00 TRAINING INFANTIL 17:00-18:00	TOTAL TRAINING 17:00-18:00 POWER 17:00-18:00 CICLO VIRTUAL 17:00-18:00 LUDOTECA 17:00-20:00			
17:30		JUNIOR FIT 17:30-18:00					
18:00	CICLO 18:00-19:00 CLUB JUNIOR 18:00-20:00 POWER 18:00-19:00 TOTAL TRAINING 18:00-19:00 PILATES 18:00-19:00	HYBRID ENDURANCE 18:00-19:00 POWER 18:00-19:00 CLUB JUNIOR 18:00-20:00 CICLO 18:00-19:00	CLUB JUNIOR 18:00-20:00 CICLO 18:00-19:00 POWER 18:00-19:00 TOTAL TRAINING 18:00-19:00 PILATES 18:00-19:00	HYBRID ENDURANCE 18:00-19:00 POWER 18:00-19:00 JUNIOR FIT 18:00-18:30 CLUB JUNIOR 18:00-20:00 CICLO 18:00-19:00	TOTAL TRAINING 18:00-19:00 CLUB JUNIOR 18:00-20:00		
19:00	CICLO 19:00-20:00 TOTAL TRAINING 19:00-20:00 PILATES 19:00-20:00 DANCEFIT 19:00-20:00 AQUAGYM 19:00-20:00	TOTAL TRAINING 19:00-20:00 PILATES 19:00-20:00 CICLO 19:00-20:00 AERODANCE 19:00-20:00 AQUAGYM 19:00-20:00	CICLO 19:00-20:00 PILATES 19:00-20:00 TOTAL TRAINING 19:00-20:00 BODYCOMBAT 19:00-20:00 AQUAGYM 19:00-20:00	TOTAL TRAINING 19:00-20:00 PILATES 19:00-20:00 CICLO 19:00-20:00 AERODANCE 19:00-20:00 AQUAGYM 19:00-20:00	CICLO 19:00-20:00 TOTAL TRAINING 19:00-20:00 AQUAGYM 19:00-20:00		
20:00	CORE 20:00-20:30 TOTAL TRAINING 20:00-21:00 YOGA 20:00-21:00 AQUACROSS 20:00-20:30	HYBRID ENDURANCE 20:00-21:00 CICLO VIRTUAL 20:00-21:00 YOGA 20:00-21:00 PILATES 20:00-21:00 CORE 20:00-20:30	CORE 20:00-20:30 TOTAL TRAINING 20:00-21:00 YOGA 20:00-21:00 AQUACROSS 20:00-20:30	HYBRID ENDURANCE 20:00-21:00 CICLO VIRTUAL 20:00-21:00 YOGA 20:00-21:00 PILATES 20:00-21:00 CORE 20:00-20:30			

CICLO CICLO VIRTUAL TOTAL TRAINING POWER PILATES YOGA FLOW AF SUAVE GAP CORE HYBRID ENDURANCE BODYCOMBAT ZUMBA DANCEFIT AERODANCE JUNIOR FIT CLUB JUNIOR TRAINING INFANTIL
 LUDOTECA AQUAGYM AQUACROSS