

## SALA - 2

| HORA          | LUNES   | MARTES                             | MIÉRCOLES                                | JUEVES                               | VIERNES                            |
|---------------|---|------------------------------------|--|--------------------------------------|------------------------------------|
| 9:00 a 9:15   |   |                                    |  |                                      |                                    |
| 9:15 a 9:30   | CARDIO FITBALL<br>-----<br>INTERVAL<br>TRAINING | PILATES                            | ZUMBA<br>-----<br>STEP QUEMAGRASA        | BODY PUM<br>-----<br>ZUMBA           | PILATES                            |
| 9:30 a 9:45   |   |                                    |  |                                      |                                    |
| 9:45 a 10:00  |   |                                    |  |                                      |                                    |
| 10:00 a 10:15 |   |                                    |  |                                      |                                    |
| 10:15 a 10:30 | PILATES   | GIMNASIA<br>MAYORES                | PILATES                                  | PILATES                              | GIMNASIA<br>MAYORES                |
| 10:30 a 10:45 |   |                                    |  |                                      |                                    |
| 10:45 a 11:00 |   |                                    |  |                                      |                                    |
| 11:00 a 11:15 | STEP QUEMAGRASA<br>-----<br>ZUMBA               | GIMNASIA<br>MAYORES                | AEROKOMBAT<br>-----<br>CARDIO<br>FITBALL | G.A.P.<br>-----<br>INTERVAL TRAINING | GIMNASIA<br>MAYORES                |
| 11:15 a 11:30 |   |                                    |  |                                      |                                    |
| 11:30 a 11:45 |   |                                    |  |                                      |                                    |
| 11:45 a 12:00 |   |                                    |  |                                      |                                    |
| 12:00 a 12:15 |   | GIMNASIA<br>MAYORES                |  |                                      | GIMNASIA<br>MAYORES                |
| 12:15 a 12:30 |   |                                    |  |                                      |                                    |
| 12:30 a 12:45 |   |                                    |  |                                      |                                    |
| 12:45 a 13:00 |   |                                    |  |                                      |                                    |
| 18:30 a 19:30 | ZUMBA   | AEROBOX                            | ZUMBA STEP                               | PILATES                              |                                    |
| 19:30 a 20:00 | CLASE DE<br>ABDOMINALES<br>GUIADAS              | CLASE DE<br>ABDOMINALES<br>GUIADAS | CLASE DE<br>ABDOMINALES<br>GUIADAS       | CLASE DE<br>ABDOMINALES<br>GUIADAS   | CLASE DE<br>ABDOMINALES<br>GUIADAS |
| 20:00 a 21:00 | ZUMBA STEP                                      | PILATES                            | TONO G.A.P.                              | ZUMBA                                |                                    |
| 21:00 a 22:00 | PILATES   | ZUMBA STEP                         | ZUMBA                                    | TONO<br>Y<br>G.A.P.                  |                                    |
| Monitores     | Toni<br>Sánchez                                 |                                    | Ana<br>Montoro                           | Luisgi<br>Sánchez                    | Francisco J.<br>Moreno             |

## - SALA - 3 - PISTA MULTIUSOS

| HORA          | LUNES          | MARTES                   | MIÉRCOLES      | JUEVES                   | VIERNES        |
|---------------|----------------|--------------------------|----------------|--------------------------|----------------|
| 9:15 a 10:15  | Cross Training |                          | Cross Training |                          | Cross Training |
| 10:30 a 11:30 |                | Cross Training           |                | Cross Training           |                |
| 18:00 a 19:00 | Cross Training | Cross Training           |                | Cross Training           |                |
| 19:00 a 19:30 |                | Entrenamiento<br>Técnica |                | Entrenamiento<br>Técnica |                |
| 20:00 a 21:00 |                | Cross Training           |                | Cross Training           | Cross Training |
| 21:00 a 22:00 | Cross Training |                          |                |                          |                |

## -S A L A - 4 - GIMNASIO DE MUSCULACIÓN

| HORA                | LUNES          | MARTES | MIÉRCOLES              | JUEVES | VIERNES            |
|---------------------|----------------|--------|------------------------|--------|--------------------|
| 8:30<br>a<br>13:00  |                |        |                        |        |                    |
|                     |                |        |                        |        |                    |
|                     |                |        |                        |        |                    |
| 16:00<br>a<br>18:00 |                |        |                        |        |                    |
|                     |                |        |                        |        |                    |
| 18:00<br>a<br>22:00 |                |        |                        |        |                    |
|                     |                |        |                        |        |                    |
| Monitores           | Luisgi Sánchez |        | Francisco J.<br>Moreno |        | Fernando<br>Olmedo |

## S A L A - 5

| HORA          | LUNES  | MARTES         | MIÉRCOLES | JUEVES                      | VIERNES |
|---------------|--------|----------------|-----------|-----------------------------|---------|
| 17:30 a 18:30 |        | YOGA           |           | YOGA                        |         |
| 18:00 a 19:00 | TAICHI |                | TAICHI    |                             |         |
| 18:30 a 19:30 |        | YOGA           |           | YOGA                        |         |
| Monitoras     |        | Manuela Molero |           | Ana M <sup>a</sup> Aldarias |         |