

## PROGRAMA DE ACTIVIDADES INCLUIDAS EN LA CUOTA 2018/2019

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	SALA
7:15-8:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING
				FBM				MARISMA
8:00-8:45	AQUAPILATES	AQUARUNNING	AQUAPILATES	AQUARUNNING	AQUARUNNING			PISCINA
	PILATES	FBM	PILATES					PILATES
9:00-9:45					BOX			MARISMA
	ZUMBA	FBM	ZUMBA	FBM	TONIFICACION			CYCLING
	M FIT XTRME	RUN CITY	M FIT XTRME					MARISMA
9:00-9:25	PILATES	PILATES	PILATES	PILATES	PILATES	PILATES		EXTERIOR
	ESPALDA		ESPALDA					PILATES
10:00-10:45	POWER	FBM B	POWER	FBM B	FBM			STUDIO MD
	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	MARISMA
					RUN CITY			CYCLING
10:20-11:05	PILATES	PILATES	PILATES	PILATES	PILATES			EXTERIOR
	AQUAFITNESS	AQUARUNNING	AQUAFITNESS		AQUARUNNING			PILATES
10:30-11:45							AQUARUNNING	PISCINA
11:00-11:45	TONIFICACION	ZUMBA	TONIFICACION	ZUMBA	ESPALDA - EST	FBM	FBM	PISCINA
		RUN CITY						MARISMA
	PILATES		PILATES					EXTERIOR
11:30-12:15		HIPOLATES		HIPOLATES				PILATES
		PILATES		PILATES				PILATES
12:00-12:30	ESTIRAMIENTOS		ESTIRAMIENTOS					MARISMA
12:00-12:45		BOX		BOX				MARISMA
		ESTIRAMIENTOS		ESTIRAMIENTOS				STUDIO MD
	AQUAPILATES	AQUAPILATES		AQUAPILATES	AQUAPILATES			PISCINA
12:45-13:15				AQUARELAX				PISCINA
14:00-14:45	CYCLING		CYCLING		CYCLING			CYCLING
		FBM		FBM				MARISMA
	PILATES		PILATES					PILATES
15:00-15:45	HIPOLATES	PILATES	HIPOLATES	PILATES				PILATES
	ZUMBA	FBM	ZUMBA	FBM				MARISMA
15:30-16:15		CYCLING		CYCLING				CYCLING
17:00-17:50	PILATES	PILATES	PILATES	PILATES				PILATES
18:00-18:45	FBM	ZUMBA	FBM	ZUMBA				MARISMA
	ESPALDA	PILATES	ESPALDA	PILATES	PILATES			PILATES
18:30-18:55		HIPOLATES		HIPOLATES				STUDIO
19:00-19:45	CYCLING	CYCLING	CYCLING	CYCLING			CYCLING VIRTUAL	CYCLING
	ZUMBA	FBM	ZUMBA	FBM	FBM Z			MARISMA
	M FIT XTRME		M FIT XTRME					EXTERIOR
	MARISMA DANCE		MARISMA DENACE					STUDIO MD
19:30-19:55								PILATES
		AQUAHIT						PISCINA
20:00-20:45	FBM	POWER	FBM	POWER	FBM			MARISMA
		RUN CITY		RUN CITY				EXTERIOR
		M FIT XTRME		M FIT XTRME				EXTERIOR
					CYCLING			CYCLING
20:20-21:10		PILATES		PILATES				PILATES
	AQUARUNNING	AQUAFITNESS	AQUAFITNESS					PISCINA
21:00-21:45	FBM B	ZUMBA	FBM S	ZUMBA	BOX			MARISMA
	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL				CYCLING
21:00-21:25		PILATES		PILATES				PILATES
		HIPOLATES		HIPOLATES				STUDIO
21:20-22:10	AQUAFITNESS	AQUARUNNING	AQUAFITNESS					PISCINA
21:30-22:30		BOX						STUDIO MD

\*EN PILATES SERÁ NECESARIA INSCRPCIÓN PREVIA

\*MARISMA SE RESERVA EL DERECHO DE CAMBIAR, MODIFICAR O ANULAR EL HORARIO DE ACTIVIDADES POR MOTIVOS TÉCNICOS

## FANTILES INCLUIDAS EN CUOTA 2018/2019

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	SALAS
12:30-13:20						TRAINING J.12-16	TRAINING J.12-16	GYM
17:00-17:50		TRAINING J.12-17		TRAINING J.12-17		TRAINING J.12-17	TRAINING J.12-17	GYM
16:30-17:15					ZUMBA INF 4-7			STUDIO MD
17:15-18:00			ZUMBA JR 8-14		ZUMBA JR 8-14			STUDIO MD
18:00-18:45					MD JR 6-14			STUDIO MD
18:45 -19:30	KIDS FIT 3-6		KIDS FIT7-12					PATIO
19:00-19:45					PILATES JUVENIL			PILATES