

PROGRAMA DE ACTIVIDADES INCLUIDAS EN LA CUOTA 2018/2019

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	SALA
7:05-8:00		TRX-HIIT						MARISMA
7:15-8:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING
				FBM	TRX			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
9:00-9:25	M FIT XTRME	RUN CITY	M FIT XTRME					MARISMA
	PILATES	PILATES	PILATES	PILATES	PILATES	PILATES		EXTERIOR
9:00-9:25	ESPALDA		ESPALDA					PILATES
10:00-10:25	GYM TONO		GYM TONO					STUDIO MD
10:00-10:45	POWER	FBM B	POWER	FBM B	FBM S/Z			GINNASIO
	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	MARISMA
								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	POWER	MARISMA
	PILATES		PILATES					PILATES
11:30-11:55		HIPOLATES		HIPOLATES				PILATES
								GINNASIO
11:30-12:15		PILATES		PILATES	GYM TRX			PILATES
12:00-12:30	ESTIRAMIENTOS		ESTIRAMIENTOS					MARISMA
12:00-12:45		BOX		BOX				MARISMA
		ESTIRAMIENTOS		ESTIRAMIENTOS				STUDIO MD
12:45-13:15	AQUAPILATES	AQUAPILATES		AQUAPILATES	AQUAPILATES			PISCINA
				AQUARELAX				PISCINA
13:30-13:55		GYM CORE						GINNASIO
14:00-14:45	CYCLING		CYCLING		CYCLING			CYCLING
		POWER		FBM				MARISMA
14:30-14:55	PILATES		PILATES					PILATES
			GYM TRX					GINNASIO
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
17:30-18:55		GYM TONO		GYM TONO				GINNASIO
17:45 -18:10	GYM TONO				GYM TONO			GINNASIO
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 DANCE					STUDIO MD
19:15 - 19:40	PILATES		PILATES					PILATES
		GYM TRX		GYM TRX				GINNASIO
19:30-19:55		AQUAHIIT						PISCINA
20:00-20:45	FBM	POWER	FBM	POWER	FBM			MARISMA
		RUN CITY		RUN CITY				EXTERIOR
		M FIT XTRME		M FIT XTRME				EXTERIOR
	GYM TRX		GYM TRX					GINNASIO
20:20-21:10								CYCLING
		PILATES		PILATES				PILATES
20:20-21:10	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
		GYM CORE		GYM CORE				GINNASIO
21:00-21:25		HIPOLATES		HIPOLATES				STUDIO
21:20-22:10	AQUAFITNESS	AQUARUNNING	AQUAFITNESS					PISCINA
21:30-22:30		BOX						STUDIO MD

*EN PILATES SERÁ NECESARIA INSCRPCÓN PREVIA

*PARA ACCEDER A LAS CLASES DE GYM TRX SERA NECESARIO TENER HECHO EL TALLER

*MARISMA SE RESERVA EL DERECHO DE CAMBIAR, MODIFICAR O ANULAR EL HORARIO DE ACTIVIDADES

FANTILES INCLUIDAS EN CUOTA 2018/2019								SALAS
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
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			STDIO MD
17:15-18:00			ZUMBA JR 8-14		ZUMBA JR 8-14			STDIO MD
18:00-18:45					MD JR 6-14			STDIO MD
18:45 -19:30	KIDS FIT 3-6		KIDS FIT7-12					PATIO
19:00-19:45					PILATES JUVENIL			PILATES