

ACTIVIDADES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	SALA
07:05-08:00		TRX-HIIT						MARISMA
07:15-08:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING
07:15-08:00				FULL BODY MARISMA 3	TRX			MARISMA
07:15-08:00	AQUAPILATES	AQUARUNNING	AQUAPILATES	AQUARUNNING	AQUARUNNING			PISCINA
08:00-08:45	PILATES		PILATES					PILATES
08:00-08:45					BOX			MARISMA
08:00-08:45						CYCLING VIRTUAL		CYCLING
09:00-09:25	ESPALDA		ESPALDA					STUDIO
09:00-09:45	ZUMBA	FULL BODY MARISMA 3	ZUMBA	FULL BODY MARISMA 3	TONIFICACIÓN			MARISMA
09:00-09:45	MARISMA FIT XTREME	RUN CITY	MARISMA FIT XTREME					EXTERIOR
09:00-09:45	PILATES	PILATES	PILATES	PILATES	PILATES	PILATES		PILATES
10:00-10:25	GYM TONO		GYM TONO					GIMNASIO
10:00-10:45	POWER	FULL BODY BOX 3	POWER	FULL BODY BOX 3	FULL BODY STEP 3			MARISMA
10:00-10:45	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING
10:00-10:45					RUN CITY			EXTERIOR
10:00-10:45	PILATES	PILATES	PILATES	PILATES	PILATES			PILATES
10:20-11:05	AQUAFITNESS	AQUARUNNING	AQUAFITNESS		AQUARUNNING			PISCINA
10:30-11:15							AQUARUNNING	PISCINA
11:00-11:25					GYM TRX			GIMNASIO
11:00-11:45	TONIFICACIÓN	ZUMBA	TONIFICACIÓN	ZUMBA	ESPALDA-ESTIRAMIENTOS	FULL BODY MARISMA 3	POWER	MARISMA
11:00-11:45	PILATES		PILATES					PILATES
11:00-11:45		HIPOLATES		HIPOLATES				PILATES
11:30-12:15		PILATES		PILATES				PILATES
12:00-12:25	ESTIRAMIENTOS		ESTIRAMIENTOS					MARISMA
12:00-12:25		ESTIRAMIENTOS		ESTIRAMIENTOS				STUDIO
12:00-12:45		BOX		BOX		ZUMBA *Hasta el 31 de mayo		MARISMA
12:00-12:45	AQUAPILATES	AQUAPILATES		AQUAPILATES	AQUAPILATES			PISCINA
12:45-13:15				AQUARELAX				PISCINA
13:30-13:55		GYM CORE						GIMNASIO
14:00-14:45	CYCLING		CYCLING		CYCLING			CYCLING
14:00-14:45		POWER		FULL BODY MARISMA 3				MARISMA
14:00-14:45	PILATES		PILATES					PILATES
14:30-14:55			GYM TRX					GIMNASIO
15:00-15:45	HIPOLATES	PILATES	HIPOLATES	PILATES				PILATES
15:00-15:45	ZUMBA	FULL BODY MARISMA 3	ZUMBA	FULL BODY MARISMA 3				MARISMA
15:30-16:15		CYCLING		CYCLING				CYCLING
17:00-17:50	PILATES	PILATES	PILATES	PILATES				PILATES
17:30-17:55		GYM TONO		GYM TONO				GIMNASIO
17:45-18:10	GYM TONO				GYM TONO			GIMNASIO
18:00-18:45	FULL BODY MARISMA 3	ZUMBA	FULL BODY MARISMA 3	ZUMBA				MARISMA
18:00-18:45	ESPALDA	PILATES	ESPALDA	PILATES	PILATES			PILATES
18:30-18:55		HIPOLATES		HIPOLATES				STUDIO
19:00-19:45	CYCLING	CYCLING	CYCLING	CYCLING			CYCLING VIRTUAL	CYCLING
19:00-19:45	ZUMBA	FULL BODY MARISMA 3	ZUMBA	FULL BODY MARISMA 3	FULL BODY ZUMBA 3			MARISMA
19:00-19:45	MARISMA FIT XTREME		MARISMA FIT XTREME					EXTERIOR
19:00-19:45	MARISMA DANCE		MARISMA DANCE					STUDIO
19:00-19:45	PILATES		PILATES					PILATES
19:15-19:40		GYM TRX		GYM TRX				GIMNASIO
19:30-19:55		AQUAHIIT						PISCINA
20:00-20:45	FULL BODY MARISMA 3	POWER	FULL BODY MARISMA 3	POWER	FULL BODY MARISMA 3			MARISMA
20:00-20:45		RUN CITY		RUN CITY				EXTERIOR
20:00-20:45		MARISMA FIT XTREME		MARISMA FIT XTREME				EXTERIOR
20:00-20:45					CYCLING			CYCLING
20:00-20:45	PILATES	PILATES	PILATES	PILATES				PILATES
20:20-21:10	AQUARUNNING	AQUAFITNESS	AQUAFITNESS					PISCINA
21:00-21:25	GYM TRX	GYM CORE	GYM TRX	GYM CORE				GIMNASIO
21:00-21:25		HIPOLATES		HIPOLATES				STUDIO
21:00-21:45	FULL BODY BOX 3	ZUMBA	FULL BODY STEP 3	ZUMBA	BOX			MARISMA
21:00-21:45	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL				CYCLING
21:00-21:45		PILATES		PILATES				PILATES
21:20-22:10	AQUAFITNESS	AQUARUNNING	AQUAFITNESS					PISCINA
21:30-22:30		BOX						STUDIO



INTENSIDAD SUAVE



INTENSIDAD ALTA

INFANTILES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	SALA
12:30-13:20						TRAINING JUVENIL 12-16	TRAINING JUVENIL 12-16	GYM
16:30-17:15					ZUMBA INFANTIL 4-7 años			STUDIO
17:00-17:50		TRAINING JUVENIL 12-17		TRAINING JUVENIL 12-17		TRAINING JUVENIL 12-17	TRAINING JUVENIL 12-17	GYM
17:15-18:00			ZUMBA JUNIOR 8-14 años		ZUMBA JUNIOR 8-14 años			STUDIO
18:00-18:45					M. DANCE JUNIOR 6-14			STUDIO
18:45-19:30	KIDS FIT 3-6 años		KIDS FIT 7-12 años					PATIO
19:00-19:45					PILATES JUVENIL			PILATES

Marisma se reserva el derecho de cambiar, modificar o anular el horario de actividades.
 En la clases de PILATES será necesaria inscripción previa.
 Para acceder a las clases de GYM TRX será necesario tener hecho el taller.