

# 2020 ACTIVIDADES

SEPTIEMBRE



|             | LUNES                | MARTES                                | MIERCOLES    | JUEVES          | VIERNES                             | SABADO  | DOMINGO         | SALA                 |
|-------------|----------------------|---------------------------------------|--------------|-----------------|-------------------------------------|---------|-----------------|----------------------|
| 7:15-8:00   | CYCLING              | <i>Nueva</i> VEEVO<br>CYCLING VIRTUAL | CYCLING      | CYCLING VIRTUAL | <i>Nueva</i> TRX<br>CYCLING VIRTUAL |         |                 | MARISMA<br>CYCLING   |
| 8:15-9:00   | PILATES              |                                       |              |                 |                                     |         |                 | PILATES              |
| 9:15-10:00  | PILATES              | ESPALDA                               | PILATES      | ESPALDA         |                                     |         |                 | PILATES              |
| 10:00-10:45 | POWER                | FBM                                   | VEEVO        | TONIFICACION    | ZUMBA                               | CYCLING |                 | MARISMA              |
| 10:15-11:00 |                      | PILATES                               |              | PILATES         |                                     |         |                 | PILATES              |
| 10:15-10:45 | HIPOLATES            |                                       | HIPOLATES    |                 |                                     |         |                 | PILATES/<br>REFORMER |
| 10:30-11:15 | CYCLING              | CYCLING                               |              | CYCLING         | CYCLING VIRTUAL                     |         | CYCLING VIRTUAL | CYCLING              |
| 11:15-12:00 |                      | PILATES                               | PILATES      |                 |                                     |         |                 | PILATES              |
| 11:00-11:45 | ZUMBA                |                                       | TONIFICACION |                 | ESPALDA+<br>STRECH                  | FBM     |                 | MARISMA              |
| 14:00-14:45 | <i>Nueva</i> PILATES |                                       |              |                 |                                     |         |                 |                      |
| 14:30-15:15 | FBM                  | VEEVO                                 | POWER        | CYCLING         |                                     |         |                 | MARISMA              |
| 15:30-16:15 |                      | CYCLING VIRTUAL                       |              | CYCLING VIRTUAL | CYCLING VIRTUAL                     |         |                 | CYCLING              |
| 18:15-19:00 | ESPALDA              |                                       | PILATES      |                 |                                     |         |                 | PILATES              |
| 19:00-19:45 | VEEVO                |                                       | FBM          | TONIFICACION    |                                     |         | CYCLING VIRTUAL | MARISMA              |
| 19:15-20:00 |                      | PILATES                               |              | PILATES         |                                     |         |                 | PILATES              |
| 19:30-20:15 | CYCLING              |                                       | CYCLING      |                 | CYCLING                             |         |                 | CYCLING              |
| 20:00-20:45 | CROSSWELL            | FBM                                   | POWER        | ZUMBA           |                                     |         |                 | MARISMA              |
| 20:15-21:00 | PILATES              |                                       | PILATES      | PILATES         |                                     |         |                 | PILATES              |
| 20:30-21:15 | CYCLING              |                                       | CYCLING      |                 |                                     |         |                 | CYCLING              |
| 21:00-21:45 |                      | ZUMBA                                 | CROSSWELL    |                 |                                     |         |                 | CYCLING              |
| 21:30-22:15 |                      | CYCLING VIRTUAL                       |              | CYCLING VIRTUAL |                                     |         |                 | CYCLING              |

|             | LUNES       | MARTES      | MIERCOLES   | JUEVES      | VIERNES | SABADO | DOMINGO     | PISCINA      |
|-------------|-------------|-------------|-------------|-------------|---------|--------|-------------|--------------|
| 7:15-8:00   |             | AQUARUNNING |             | AQUARUNNING |         |        |             | Nº2          |
| 10:20-11:05 | AQUAGYM     |             | AQUARUNNING |             |         |        |             | Nº4 / Nº2    |
| 10:30-11:15 |             |             |             |             |         |        | AQUARUNNING | Nº2          |
| 12:00-12:45 | AQUAPILATES |             | AQUAPILATES |             |         |        |             | HIDROTERAPIA |
| 20:15-21:00 | AQUAS       |             | AQUAS       |             |         |        |             | Nº4 / Nº2    |

|             | LUNES           | MARTES          | MIERCOLES       | JUEVES          | VIERNES         | SABADO | DOMINGO | SALA FITNESS |
|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|--------|---------|--------------|
| 12:00-13:00 | TRANING JUVENIL | TRANING JUVENIL | TRANING JUVENIL | TRANING JUVENIL | TRANING JUVENIL |        |         | SALA FITNESS |
| 17:00-18:00 | TRANING JUVENIL | TRANING JUVENIL |                 | TRANING JUVENIL | TRANING JUVENIL |        |         | SALA FITNESS |

TRANING JUVENIL - 12-16 años



Este cuadrante es flexible y se irá adaptando a diario en función de la demanda. Para TODAS las actividades es necesario reserva previa por control de aforos.



OBLIGATORIO EN LAS CLASES EL USO DE TOALLA (tamaño mínimo 40x70cm)



Uso de mascarilla solo necesario en las circulación, no durante la actividad.

NOTA: Para acceder a las clases de Pilates se debe hacer una formación previa de 4 Entrenamientos grupales y el pago de la cuota anual 99€.