

ACTIVIDADES INCLUIDAS EN CUOTA *del 1 de julio al 29 de septiembre*

	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		AQUARUNNING		AQUARUNNING	AQUARUNNING			PISCINA
					BOX**			MARISMA
9:00-9:45	ZUMBA	FBM	ZUMBA	FBM	TONIFICACION			CYCLING VIRTUAL
	M FIT XTRME		M FIT XTRME					CYCLING
10:00-10:25	GYM TONO		GYM TONO					MARISMA
10:00-10:45	POWER	ZUMBA	POWER	CARDIOBOX	FBM COMBI			EXTERIOR
	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	GIMNASIO
10:20-11:05	AQUAFITNESS	AQUARUNNING	AQUAFITNESS		AQUARUNNING			MARISMA
10:30-10:55	ESPALDA		ESPALDA					PISCINA
10:30-11:15							AQUARUNNING	PILATES
11:00-11:45	TONIFICACION	BOX**	TONIFICACION	BOX**		FBM	POWER	PISCINA
11:00-11:25					ESTIRAMIENTOS			MARISMA
					GYM TRX**			AUDIO
14:00-14:45	CYCLING		CYCLING		CYCLING VIRTUAL			GIMNASIO
		POWER		FBM				CYCLING
14:30-14:55			GYM TRX**					MARISMA
15:00-15:45		FBM	ZUMBA	CYCLING				GIMNASIO
18:00-18:45	FBM		FBM					MARISMA
	ESPALDA		ESPALDA					PILATES
18:30-18:55		GYM TONO		GYM TONO				MARISMA
19:00-19:45	CYCLING	CYCLING	CYCLING	CYCLING			CYCLING VIRTUAL	GIMNASIO
	ZUMBA	FBM	ZUMBA	FBM	FBM COMBI			CYCLING
	M FIT XTRME		M FIT XTRME					MARISMA
19:15 - 19:40		GYM TRX**		GYM TRX**				EXTERIOR
20:00-20:45	FBM	POWER	FBM	POWER				GIMNASIO
		RUN CITY		RUN CITY				MARISMA
		M FIT XTRME		M FIT XTRME				EXTERIOR
20:20-22:10					CYCLING			EXTERIOR
20:30-21:20		BOX**		BOX**				CYCLING
21:00-21:45		ZUMBA	FBM COMBI	ZUMBA				PISCINA
	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL				STUDIO
	PILATES		PILATES					MARISMA
21:00-21:25	GYM TRX**	GYM CORE	GYM TRX**	GYM CORE				CYCLING

PILATES*	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	SALA
7:15-7:45	AQUA PILATES		AQUAPILATES					PISCINA
8:00-8:55		REFORMER		REFORMER				STUDIO
8:00-8:45	PILATES		PILATES					PILATES
9:00-9:45		REFORMER		REFORMER				STUDIO
9:00-9:55	PILATES		PILATES		PILATES	PILATES		PILATES
10:00-10:55		REFORMER		REFORMER				STUDIO
10:00-10:45		PILATES		PILATES	PILATES			PILATES
10:00-10:25	HIPOLATES		HIPOLATES					PILATES
11:00-11:45		PILATES		PILATES				PILATES
12:00-12:30	AQUA PILATES	AQUA PILATES			AQUA PILATES			PISCINA
13:30-14:25		REFORMER		REFORMER				STUDIO
14:00-14:45	PILATES		PILATES					PILATES
17:00-17:50	PILATES		PILATES					PILATES
18:00-18:55	REFORMER		REFORMER					STUDIO
18:00-18:45		PILATES		PILATES				PILATES
19:00-19:45	PILATES		PILATES					PILATES
19:30-19:55		HIPOLATES		HIPOLATES				PILATES
20:00-20:55	PILATES COMBI		PILATES COMBI					STUDIO
20:00-20:45		PILATES		PILATES				PILATES
21:00-21:55	REFORMER		REFORMER					STUDIO
21:00-21:45	PILATES		PILATES					PILATES



INFANTILES	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	SALA
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

*EN PILATES E HIPOLATES SERÁ NECESARIA INSCRIPCIÓN PREVIA. REFORMER ES ACTIVIDAD FUERA DE CUOTA
 **PARA ACCEDER A LAS CLASES DE GYM TRX Y BOX SERÁ NECESARIO TENER HECHO EL TALLER
 MARISMA SE RESERVA EL DERECHO DE CAMBIAR, MODIFICAR O ANULAR EL HORARIO DE ACTIVIDADES