

**CLASES  
DIRIGIDAS (Piscina  
cubierta)**

<b>LUNES</b>	<b>MARTES</b>	<b>MIÉRCOLES</b>	<b>JUEVES</b>	<b>VIERNES</b>	<b>SÁBADO</b>
7:00-08:00 <b>FULL-BODY</b>	7:00-8:00 <b>PILATES-FIT</b>	7:00-08:00 <b>FULL-BODY</b>	7:00-8:00 <b>PILATES-FIT</b>	7:00-7:30 <b>CORE</b>	
9:30-10:30 <b>FUNCIONAL</b>	9:30-10:30 <b>BODY-FITNESS</b>	9:30-10:30 <b>FUNCIONAL</b>	9:30-10:30 <b>CICLO INDOOR</b>	09:30-10:30 <b>HIIT</b>	
11:00-12:00 <b>ESTIRAMIENTOS</b>	11:00-12:00 <b>PILATES</b>	11:00-12:00 <b>ESTIRAMIENTOS</b>	11:00-12:00 <b>PILATES</b>		
	13:15-14:00 <b>HIIT</b>		13:15-14:00 <b>HIIT</b>		
	15:15-16:15 <b>CICLO INDOOR</b>	15:30-16:30 <b>PILATES</b>	15:30-16:30 <b>BODY-FITNESS</b>	15:30-16:30 <b>CICLO INDOOR</b>	
18:30-19:30 <b>BODY-FITNESS</b>	18:30-19:30 <b>CROSSTRAINING</b>	18:30-19:30 <b>CICLO INDOOR</b>	18:30-19:30 <b>CROSSTRAINING</b>	18:30-19:30 <b>PILATES</b>	

<b>20:00-21: 00 TR-HIIT</b>	<b>19:45-20: 45 OCR</b>	<b>20:00-21: 00 TR-HIIT</b>	<b>19:45-20: 45 OCR</b>		

**TELÉFONO: 674 665 296**