

AADD	LUNES						MARTES						MIÉRCOLES						JUEVES						VIERNES					
	SALA 1	SALA 2	PREMIUM	CYCLE	PISCINA	OUTDOOR	SALA 1	SALA 2	PREMIUM	CYCLE	PISCINA	OUTDOOR	SALA 1	SALA 2	PREMIUM	CYCLE	PISCINA	OUTDOOR	SALA 1	SALA 2	PREMIUM	CYCLE	PISCINA	OUTDOOR	SALA 1	SALA 2	PREMIUM	CYCLE	PISCINA	OUTDOOR
07:00-07:30	MINDFULNESS																	MINDFULNESS												
07:30-08:00	HATHA VINYASA YOGA	TONO WALK					TAI YOGA		CYCLING	SWIMFIT		TONO POSTURAL	BODY PUMP					HATHA DHARMA YOGA			CYCLING				7,45H PILATES					
08:00-08:30			FULL BODY																											
08:30-09:00	SOFT YOGA	BODY PUMP					GAP						CARDIOBOX						BOOTY	HIIT					CARDIOTONO					
09:00-09:30														UPPERBODY CORE			TENNIS 1H													
09:30-10:00	GAP	HIIT		CYCLING	SWIMFIT		BODY BALANCE	BODY PUMP	FUNCIONAL TRAINING			PADEL & CO	TONO	COREO DANCE		FREE BEAT CYCLING		RAQUET 1H				SWIMFIT	PADEL & CO 1,5H	ESPALDA SANA	BODY COMBAT	BOXING	CYCLING			
10:00-10:30																								BS WALKING 2H						
10:30-11:00	CLASSIC CONDITION	UPPERBODY CORE			AQUAGYM	BS WALKING	ZUMBA	PILATES			AQUAGYM		BODY BALANCE	GAP	FP		AQUAGYM		CLASSIC CONDITION	FULL BODY			AQUAGYM		PILATES	GAP			AQUAGYM	
11:00-11:30																														
11:30-12:00	PILATES	SEVILLANAS					CORE STRETCHING						MINDFULNESS						VINYASA CHAKRA YOGA	SEVILLANAS			TÉCNICAS DE NATACIÓN	TENNIS MESA	CLASSIC BALANCE					
12:00-12:30	MINDFULNESS						PILATES						VINYASA CHAKRA YOGA						PILATES						HIPOPRESIVOS + STRETCHING					
12:30-13:00		FLAMENCO									13,15H SWIMFIT						13,15H SWIMFIT													
13:00-13:30					13,15H SWIMFIT		ESPALDA SANA					BARRE	COREO DANCE AVANZADO					ESPALDA SANA										13,15H SWIMFIT		
13:30-14:00																													14,15H SWIMFIT	
14:00-14:30																														
14:30-15:00		HIIT		14,15H CYCLING PRO																								14,15H CYCLING PRO		
15:00-15:30						TENNIS / PADEL																								
15:30-16:00																								PADEL	HATHA DHARMA YOGA					
16:00-16:30																														
16:30-17:00																			MINDFULNESS											
17:00-17:30	ESPALDA SANA	URBAN DANCE																	UPPERBODY CORE											
17:30-18:00							GAP	PILATES																		CARDIOTONO				
18:00-18:30	PILATES	TONO											BARRE	URBAN DANCE					ESPALDA SANA	STEP					YIN YOGA		CROSSHIIT			
18:30-19:00						18,45h TRAIL RUN	ESP SANA	ZUMBA	HIIT BOXING	CYCLING PRO																				
19:00-19:30	HATHA DHARMA YOGA	HIIT		FREE BEAT CYCLING	19,15H AQUAGYM								HATHA DHARMA YOGA	HIIT		FREE BEAT CYCLING	19,15H AQUAGYM		TONO	COREO DANCE	HIIT BOXING	CYCLING PRO				PILATES				
19:30-20:00							BARRE	BODY PUMP																						
20:00-20:30		PILATES	CROSSHIIT		20,15H SWIMFIT																									
20:30-21:00							MINDFULNESS	CORAL																						
21:00-21:30																														
21:30-22:00																														
22:00-22:30																														

TÉCNICOS	CLASES
LUIS L	11
FERRAN	6
PATRIK	6
XAVI F	4
ANTONIA	8
CLAUDIO	12
ALBERT P	5,5
SILVIA M	5,5
PABLO	8
SERGEY	8
EDU	4
ANA E	3
ALEXANDRA	2
ANAHI	
JEREMIAS	1
ORNELLA	4
JAVIER G	6
ANNA SERRA	2
GANDALF	3
MARC	3
JAVIER BLAY	9
ANAID	13,5
CHRISTY	8,25
ALBA	2,5
<b>TOTAL</b>	<b>111</b>