

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	07:15 - 08:15 SALA 1 - POLIVALENTE BODYPUMP	07:30 - 08:00 SALA FITNESS TABATA	07:15 - 08:15 SALA 1 - POLIVALENTE BODYPUMP	07:30 - 08:00 SALA FITNESS ACTIVA CIRCUIT	07:15 - 08:15 SALA 1 - POLIVALENTE BODYATTACK		
	07:30 - 08:00 SALA FITNESS HIIT		07:30 - 08:00 SALA FITNESS ACTIVA CORE		07:30 - 08:00 SALA FITNESS ACTIVA CORE		
9:00	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE
	09:30 - 10:30 SALA 1 - POLIVALENTE BODYPUMP	09:30 - 10:30 SALA CICLO ACTIVA CYCLING	09:30 - 10:30 SALA 1 - POLIVALENTE BODYPUMP	09:30 - 10:30 SALA CICLO ACTIVA CYCLING	09:30 - 10:30 SALA 1 - POLIVALENTE GAP		
10:00	10:30 - 11:30 SALA 1 - POLIVALENTE PILATES	10:30 - 11:30 SALA 1 - POLIVALENTE BODYCOMBAT	10:30 - 11:30 SALA 1 - POLIVALENTE BODYBALANCE	10:30 - 11:30 SALA 1 - POLIVALENTE BODYPUMP	10:30 - 11:30 SALA 1 - POLIVALENTE ZUMBA		
11:00						11:00 - 12:00 SALA 1 - POLIVALENTE BODYPUMP	11:00 - 12:00 SALA 1 - POLIVALENTE BODYCOMBAT
12:00	12:00 - 12:30 SALA FITNESS TABATA	12:00 - 12:30 SALA FITNESS ACTIVA FLEX	12:00 - 12:30 SALA FITNESS ACTIVA CORE	12:00 - 12:30 SALA FITNESS HIIT	12:30 - 13:00 SALA FITNESS ACTIVA CIRCUIT	12:00 - 13:00 SALA CICLO ACTIVA CYCLING	12:00 - 13:00 SALA 1 - POLIVALENTE BODYPUMP
						12:30 - 13:00 SALA FITNESS ACTIVA CIRCUIT	12:00 - 12:30 SALA FITNESS TABATA
14:00	14:00 - 14:29 SALA FITNESS ACTIVA CIRCUIT	14:00 - 14:30 SALA FITNESS TABATA	14:00 - 14:30 SALA FITNESS ACTIVA FLEX	14:00 - 14:30 SALA FITNESS ACTIVA CORE	14:00 - 14:30 SALA FITNESS HIIT	14:00 - 14:30 SALA FITNESS ACTIVA FLEX	14:00 - 14:30 SALA FITNESS HIIT
	14:30 - 15:30 SALA 1 - POLIVALENTE BODYCOMBAT	14:30 - 15:30 SALA CICLO ACTIVA CYCLING	14:30 - 15:30 SALA 1 - POLIVALENTE BODYATTACK	14:30 - 15:30 SALA CICLO ACTIVA CYCLING	14:30 - 15:30 SALA 1 - POLIVALENTE BODYBALANCE		
		14:30 - 15:30 SALA 1 - POLIVALENTE BODYPUMP		14:30 - 15:30 SALA 1 - POLIVALENTE BODYPUMP			
15:00	15:30 - 16:00 SALA FITNESS HIIT	15:30 - 15:59 SALA FITNESS ACTIVA CIRCUIT	15:30 - 16:00 SALA FITNESS TABATA	15:30 - 16:00 SALA FITNESS ACTIVA FLEX	15:30 - 16:00 SALA FITNESS ACTIVA CORE	15:30 - 16:00 SALA FITNESS HIIT	15:30 - 16:00 SALA FITNESS ACTIVA FLEX
17:00	17:00 - 17:30 SALA FITNESS ACTIVA CORE	17:00 - 17:30 SALA FITNESS HIIT	17:00 - 17:29 SALA FITNESS ACTIVA CIRCUIT	17:00 - 17:30 SALA FITNESS TABATA	17:00 - 17:30 SALA FITNESS ACTIVA FLEX	17:00 - 17:30 SALA FITNESS TABATA	17:00 - 17:29 SALA FITNESS ACTIVA CIRCUIT
				17:00 - 18:00 SALA 1 - POLIVALENTE YOGA			
18:00	18:30 - 19:30 SALA 1 - POLIVALENTE BODYATTACK	18:30 - 19:30 SALA 1 - POLIVALENTE GAP	18:30 - 19:30 SALA 1 - POLIVALENTE BODYPUMP	18:30 - 19:30 SALA CICLO ACTIVA CYCLING			
		18:30 - 19:30 SALA CICLO ACTIVA CYCLING		18:30 - 19:30 SALA 1 - POLIVALENTE PILATES			
19:00	19:30 - 20:30 SALA CICLO ACTIVA CYCLING	19:30 - 20:30 SALA CICLO ACTIVA CYCLING	19:30 - 20:30 SALA CICLO ACTIVA CYCLING	19:30 - 20:30 SALA CICLO ACTIVA CYCLING	19:00 - 20:00 SALA CICLO ACTIVA CYCLING		
	19:30 - 20:30 SALA 1 - POLIVALENTE BODYPUMP	19:30 - 20:30 SALA 1 - POLIVALENTE ZUMBA	19:30 - 20:30 SALA 1 - POLIVALENTE BODYCOMBAT	19:30 - 20:30 SALA 1 - POLIVALENTE BODYPUMP	19:00 - 20:00 SALA 1 - POLIVALENTE BODYPUMP		
20:00	20:30 - 21:30 SALA CICLO ACTIVA CYCLING	20:30 - 21:30 SALA 1 - POLIVALENTE BODYPUMP	20:30 - 21:30 SALA CICLO ACTIVA CYCLING	20:35 - 21:35 SALA 1 - POLIVALENTE BODYCOMBAT	20:00 - 21:00 SALA CICLO ACTIVA CYCLING		
	20:35 - 21:35 SALA 1 - POLIVALENTE BODYBALANCE		20:35 - 21:35 SALA 1 - POLIVALENTE BODYBALANCE		20:00 - 21:00 SALA 1 - POLIVALENTE ZUMBA		
21:00	21:00 - 21:30 SALA FITNESS ACTIVA FLEX	21:00 - 21:30 SALA FITNESS ACTIVA CORE	21:00 - 21:30 SALA FITNESS HIIT	21:00 - 21:29 SALA FITNESS ACTIVA CIRCUIT	21:00 - 21:30 SALA FITNESS TABATA		