

| HORA  | LUNES                                                      | MARTES                                                     | MIÉRCOLES                                                                         | JUEVES                                                     | VIERNES                                       |
|-------|------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------|
| 10:00 | 10:30 - 11:15<br>SALA 2<br><b>METABOLIC EFFECT</b>         |                                                            | 10:30 - 11:15<br>SALA 2<br><b>CARDIODANCE</b>                                     |                                                            | 10:30 - 11:15<br>SALA 2<br><b>CARDIODANCE</b> |
| 11:00 | 11:30 - 12:15<br>SALA 2<br><b>PILATES</b>                  |                                                            | 11:30 - 12:15<br>SALA 2<br><b>PILATES</b>                                         |                                                            | 11:30 - 12:15<br>SALA 2<br><b>PILATES</b>     |
| 12:00 | 12:15 - 13:00<br>SALA 2<br><b>PILATES</b>                  |                                                            | 12:15 - 13:00<br>SALA 2<br><b>PILATES</b>                                         |                                                            | 12:15 - 13:00<br>SALA 2<br><b>PILATES</b>     |
| 14:00 | 14:30 - 15:15<br>SALA 2<br><b>FUNCIONAL</b>                | 14:30 - 15:15<br>SALA 2<br><b>GAP</b>                      | 14:30 - 15:15<br>SALA CICLO<br><b>BIKE</b>                                        | 14:30 - 15:15<br>SALA 2<br><b>GAP</b>                      |                                               |
| 15:00 | 15:15 - 16:00<br>SALA CICLO<br><b>BIKE</b>                 | 15:15 - 16:00<br>SALA 2<br><b>CHALLENGE ME TO DO</b>       | 15:15 - 16:00<br>SALA 2<br><b>TONO</b>                                            | 15:15 - 16:00<br>SALA FITNESS<br><b>CHALLENGE ME TO DO</b> |                                               |
| 18:00 | 18:15 - 19:00<br>SALA 2<br><b>PILATES</b>                  |                                                            | 18:15 - 19:00<br>SALA 2<br><b>PILATES</b>                                         |                                                            |                                               |
| 19:00 | 19:00 - 19:45<br>SALA 2<br><b>PILATES</b>                  | 19:15 - 19:45<br>SALA 2<br><b>METABOLIC E. EXPRESS</b>     | 19:00 - 19:45<br>SALA 2<br><b>PILATES</b>                                         | 19:15 - 19:45<br>SALA 2<br><b>METABOLIC E. EXPRESS</b>     |                                               |
|       |                                                            | 19:45 - 20:00<br>SALA 2<br><b>ABS</b>                      |                                                                                   | 19:45 - 20:00<br>SALA 2<br><b>ABS</b>                      |                                               |
|       |                                                            |                                                            |                                                                                   |                                                            |                                               |
| 20:00 | 20:00 - 20:15<br>SALA 2<br><b>ABS</b>                      | 20:00 - 20:45<br>SALA CICLO<br><b>BIKE</b>                 | 20:00 - 20:45<br>SALA 2<br><b>GAP</b>                                             | 20:00 - 20:45<br>SALA CICLO<br><b>BIKE</b>                 |                                               |
|       | 20:15 - 20:45<br>SALA 2<br><b>METABOLIC E. EXPRESS</b>     | 20:00 - 20:45<br>SALA 2<br><b>CARDIODANCE</b>              | 20:45 - 21:30<br>SALA CICLO<br><b>BIKE</b>                                        | 20:00 - 20:45<br>SALA 2<br><b>CARDIODANCE</b>              |                                               |
|       | 20:50 - 21:35<br>SALA CICLO<br><b>BIKE</b>                 | 20:45 - 21:30<br>SALA 2<br><b>PILATES</b>                  |  | 20:45 - 21:30<br>SALA 2<br><b>PILATES</b>                  |                                               |
|       | 20:55 - 21:40<br>SALA FITNESS<br><b>CHALLENGE ME TO DO</b> | 20:55 - 21:40<br>SALA FITNESS<br><b>CHALLENGE ME TO DO</b> |                                                                                   |                                                            |                                               |
| 21:00 | 21:35 - 21:50<br>SALA 2<br><b>ABS</b>                      |                                                            | 21:35 - 21:50<br>SALA 2<br><b>ABS</b>                                             |                                                            |                                               |



### PRECIOS

### ACTIVIDADES

Pilates=22 €/mes  
(2 clases a la semana)

Pack actividades  
15 €/ mes  
Todas las demás y a cualquier hora

| HORA  | LUNES                                                      | MARTES                                                     | MIÉRCOLES                                                                           | JUEVES                                                     | VIERNES                                       |
|-------|------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------|
| 10:00 | 10:30 - 11:15<br>SALA 2<br><b>METABOLIC EFFECT</b>         |                                                            | 10:30 - 11:15<br>SALA 2<br><b>CARDIODANCE</b>                                       |                                                            | 10:30 - 11:15<br>SALA 2<br><b>CARDIODANCE</b> |
| 11:00 | 11:30 - 12:15<br>SALA 2<br><b>PILATES</b>                  |                                                            | 11:30 - 12:15<br>SALA 2<br><b>PILATES</b>                                           |                                                            | 11:30 - 12:15<br>SALA 2<br><b>PILATES</b>     |
| 12:00 | 12:15 - 13:00<br>SALA 2<br><b>PILATES</b>                  |                                                            | 12:15 - 13:00<br>SALA 2<br><b>PILATES</b>                                           |                                                            | 12:15 - 13:00<br>SALA 2<br><b>PILATES</b>     |
| 14:00 | 14:30 - 15:15<br>SALA 2<br><b>FUNCIONAL</b>                | 14:30 - 15:15<br>SALA 2<br><b>GAP</b>                      | 14:30 - 15:15<br>SALA CICLO<br><b>BIKE</b>                                          | 14:30 - 15:15<br>SALA 2<br><b>GAP</b>                      |                                               |
| 15:00 | 15:15 - 16:00<br>SALA CICLO<br><b>BIKE</b>                 | 15:15 - 16:00<br>SALA 2<br><b>CHALLENGE ME TO DO</b>       | 15:15 - 16:00<br>SALA 2<br><b>TONO</b>                                              | 15:15 - 16:00<br>SALA FITNESS<br><b>CHALLENGE ME TO DO</b> |                                               |
| 18:00 | 18:15 - 19:00<br>SALA 2<br><b>PILATES</b>                  |                                                            | 18:15 - 19:00<br>SALA 2<br><b>PILATES</b>                                           |                                                            |                                               |
| 19:00 | 19:00 - 19:45<br>SALA 2<br><b>PILATES</b>                  | 19:15 - 19:45<br>SALA 2<br><b>METABOLIC E. EXPRESS</b>     | 19:00 - 19:45<br>SALA 2<br><b>PILATES</b>                                           | 19:15 - 19:45<br>SALA 2<br><b>METABOLIC E. EXPRESS</b>     |                                               |
|       |                                                            | 19:45 - 20:00<br>SALA 2<br><b>ABS</b>                      |                                                                                     | 19:45 - 20:00<br>SALA 2<br><b>ABS</b>                      |                                               |
|       |                                                            |                                                            |                                                                                     |                                                            |                                               |
| 20:00 | 20:00 - 20:15<br>SALA 2<br><b>ABS</b>                      | 20:00 - 20:45<br>SALA CICLO<br><b>BIKE</b>                 | 20:00 - 20:45<br>SALA 2<br><b>GAP</b>                                               | 20:00 - 20:45<br>SALA CICLO<br><b>BIKE</b>                 |                                               |
|       | 20:15 - 20:45<br>SALA 2<br><b>METABOLIC E. EXPRESS</b>     | 20:00 - 20:45<br>SALA 2<br><b>CARDIODANCE</b>              | 20:45 - 21:30<br>SALA CICLO<br><b>BIKE</b>                                          | 20:00 - 20:45<br>SALA 2<br><b>CARDIODANCE</b>              |                                               |
|       | 20:50 - 21:35<br>SALA CICLO<br><b>BIKE</b>                 | 20:45 - 21:30<br>SALA 2<br><b>PILATES</b>                  |  | 20:45 - 21:30<br>SALA 2<br><b>PILATES</b>                  |                                               |
|       | 20:55 - 21:40<br>SALA FITNESS<br><b>CHALLENGE ME TO DO</b> | 20:55 - 21:40<br>SALA FITNESS<br><b>CHALLENGE ME TO DO</b> |                                                                                     |                                                            |                                               |
| 21:00 | 21:35 - 21:50<br>SALA 2<br><b>ABS</b>                      |                                                            | 21:35 - 21:50<br>SALA 2<br><b>ABS</b>                                               |                                                            |                                               |



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