



## Horario de Actividades Centro Deportivo Arenal Health Club

HORA	LUNES	Sala	MONITOR	MARTES	Sala	MONITOR	MIÉRCOLES	Sala	MONITOR	JUEVES	Sala	MONITOR	VIERNES	Sala	MONITOR
9:00	BODY COMBAT EXPRESS	1		BODY PUMP	1		BODY COMBAT EXPRESS	1		BODY PUMP	1				
9:00	SPINNING	SS					SPINNING	SS					SPINNING	SS	
9:30	30' GAP						30' GAP								
10:00	PILATES	1		MAYORES	1		PILATES	1		MAYORES	1		PILATES	1	
10:00				SPINNING	SS					SPINNING	SS				
10:30	SPINNING	SS		MAYOR FORMA	PP		SPINNING	SS		MAYOR FORMA	PP		SPINNING	SS	
10:45	MAYOR FORMA	P					MAYOR FORMA	P					MAYOR FORMA	PP	
11:00	BODY PUMP	1		ZUMBA	1		BODY PUMP	1		ZUMBA	1		BODY PUMP	1	
11:30	AQUAZUMBA	PP		SPINNING	SS		AQUAGYM	PP		SPINNING	SS		AQUAZUMBA	PP	
11:30				AQUAPILATES	PP					AQUAPILATES	PP				
12:00	30' GAP	1		BODY COMBAT	1		30' GAP	1		BODY COMBAT	1		30' GAP	1	
12:15				ESPALDA SANA	P					ESPALDA SANA	P				
12:30	ZUMBA	1					ZUMBA	1							
14:30				SPINNING	SS					SPINNING	SS				
16:00	PILATES	1					PILATES	1					PILATES	1	
17:00	PSICOMOTRICIDAD INFANTIL	1		ZUMBA INFANTIL	1		PSICOMOTRICIDAD INFANTIL	1		ZUMBA INFANTIL	1		30' GAP	1	
17:30	PILATES	1		30' GAP	1		PILATES	1		30' GAP	1		PILATES	1	
18:00				PILATES	1					PILATES	1				
18:30	BODY PUMP	1		AQUAGYM	PP		BODY PUMP	1		AQUAGYM	PP				
19:00	SPINNING	SS		SPINNING	SS		SPINNING	SS		SPINNING	SS		SPINNING	SS	
19:00				BODY COMBAT	1					BODY COMBAT	1		BODY PUMP	1	
19:15				ESPALDA SANA	P					ESPALDA SANA	P				
19:30	ZUMBA	1		AQUAPILATES	PP		ZUMBA	1		AQUAPILATES	PP		AQUAGYM	PP	
20:00	SPINNING	SS		SPINNING	SS		SPINNING	SS		SPINNING	SS		SPINNING	SS	
20:00	AQUAGYM	PP		ZUMBA	1		AQUAGYM	PP		ZUMBA	1		BODY COMBAT	1	
20:30	BODY COMBAT EXPRESS	1		AQUAZUMBA	P		BODY COMBAT EXPRESS	1		AQUAZUMBA	P				
21:00	SPINNING	SS		SPINNING	SS		SPINNING	SS		SPINNING	SS		SPINNING	SS	
21:00	ZUMBA	1		BODY PUMP	1		ZUMBA	1		BODY PUMP	1			1	