

# PARRILLA DE ACTIVIDADES: PISCINA

floatfit HIIT/BALANCE AQUAFITNESS

# WATERFORM

LÍDER EN SOLUCIONES DE FITNESS ACUÁTICO

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	HORARIO	SABADO
9:15-10:00	TRAINING	CYCLING	BODYSLIM	CYCLING	WORKOUT	9:30-10:15	CYCLING
10:00-10:45	POWER	WORKOUT	JUMP	WORKOUT	BODYSLIM	10:15-11:00	WORKOUT
10:45-11:30	WORKOUT	TRAINING	WORKOUT	BODYSLIM	TRAINING	11:00-11:45	FIT FLOAT
11:30-12:15	JUMP	POWER	CYCLING	JUMP	WORKOUT	11:45-12:30	BODYSLIM
12:15-13:00	CYCLING	WORKOUT	TRAINING	WORKOUT	CYCLING	12:30-13:15	CYCLING
16:30-17:15	CYCLING	BODYSLIM	GYM	WORKOUT	CYCLING	13:15-14:00	WORKOUT
17:15-18:00	GYM	WORKOUT	CYCLING	CYCLING	WORKOUT	18:00-18:45	WORKOUT
18:00-18:45	TRAINING	CYCLING	WORKOUT	POWER	BODYSLIM		
18:45-19:30	WORKOUT	POWER	BODYSLIM	JUMP	TRAINING		
19:30-20:15	CYCLING	TRAINING	JUMP	BODYSLIM	FIT FLOAT		
20:15-21:00	BODYSLIM	BOXING	CYCLING	BOXING	WORKOUT		
21:00-21:45	FIT FLOAT	CYCLING	FIT FLOAT	CYCLING	CYCLING		

# PARRILLA DE ACTIVIDADES: SALA SECO

floatfit HIIT/BALANCE  
ACUAPHYSICAL

# WATERFORM

LÍDER EN SOLUCIONES DE FITNESS ACUÁTICO

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	HORARIO	SABADO
8:30-9:15	CYCLING SECO	WORKOUT SECO	CYCLING SECO	GAP	CYCLING SECO	10:00-10:45	CROSS TRAINING
10:00-10:45	FULL BODY	CYCLING SECO	FULL BODY	CYCLING SECO	FULL BODY	11:00-11:45	GAP
12:00-12:45	CYCLING SECO	FULL BODY	CYCLING SECO	FULL BODY	BODY BALL	12:00-12:45	CYCLING SECO
17:00-17:45	WORKOUT SECO	CYCLING SECO	WORKOUT SECO	CYCLING SECO	CROSS TRAINING	17:00-17:45	FULL BODY
18:45-19:30	BODY BALL	FULL BODY	GAP	BODY BALL	CYCLING SECO		
20:00-20:45	CYCLING SECO	BODY BALL	CROSS TRAINING	CROSS TRAINING	WORKOUT SECO		