

# COMPLEJO DEPORTIVO FELIPE VI

MAÑANAS

Actividades Dirigidas.

Actualizado 01/09 SEPTIEMBRE 2015 01/09 al 30/09

| LUNES |  |           | MARTES |   |           | MIÉRCOLES |   |           | JUEVES |   |           | VIERNES |   |           | SÁBADO |   |            |
|-------|--|-----------|--------|---|-----------|-----------|---|-----------|--------|---|-----------|---------|---|-----------|--------|---|------------|
| Hora  | Actividad  | Esp/Mon   | Hora   | Actividad   | Esp/Mon   | Hora      | Actividad   | Esp/Mon   | Hora   | Actividad   | Esp/Mon   | Hora    | Actividad   | Esp/Mon   | Hora   | Actividad   | Días       |
| 08:40 |  AQUAFITNESS | PISCINA   | 08:00  |  BODY HEALTH | ENERGY    | 08:00     |  BOX         | INTENSITY | 08:00  |  SPINNING    | INTENSITY | 08:40   |  AQUAFITNESS | PISCINA   | 09:30  |  SPINNING    | Todos      |
| 09:30 | Isa Q.   |           | 08:50  | Pedro R.  |           | 08:50     | Macu  |           | 08:50  | Pedro R.  |           | 09:30   | Isa Q.  |           |        |   |            |
| 09:20 |  BODY HEALTH | ENERGY    | 09:10  |  PILATES     | HARMONY   | 08:40     |  AQUAFITNESS | PISCINA   | 09:20  |  PILATES     | ENERGY    | 09:20   |  BODY HEALTH | ENERGY    | 10:30  |  ZUMBA       | 05-26 sept |
| 10:10 | Sonia  |           | 10:00  | Marta   |           | 09:30     | Isa Q.  |           | 10:10  | Marta   |           | 10:10   | Macu  |           | 10:30  |  BODY HEALTH | 12-sep     |
| 09:50 |  PILATES     | HARMONY   | 09:30  |  SPINNING    | INTENSITY | 09:20     |  PILATES     | HARMONY   | 09:30  |  AQUAFITNESS | PISCINA   | 10:20   |  SPINNING    | INTENSITY | 11:20  |  GAP         | 19-sep     |
| 10:40 | Isa Q.   |           | 10:20  | Pedro R.  |           | 10:10     | Sonia   |           | 10:20  | Sonia   |           | 11:10   | Isa Q.  |           |        |   |            |
| 10:25 |  GAP         | ENERGY    | 09:30  |  AQUAFITNESS | PISCINA   | 10:10     |  SPINNING    | INTENSITY | 10:30  |  ZUMBA       | ENERGY    | 11:00   |  PYOGA       | HARMONY   |        |   |            |
| 11:25 | Sonia  |           | 10:20  | Sonia   |           | 11:00     | Isa Q.  |           | 11:20  | Marta   |           | 11:50   | Marisa  |           |        |   |            |
| 11:00 |  SPINNING    | INTENSITY | 10:40  |  ZUMBA       | ENERGY    | 11:10     |  BODY HEALTH | ENERGY    | 10:40  |  TRX CORE    | POWER     |         |   |           |        |   |            |
| 11:50 | Isa Q.   |           | 11:30  | Marta   |           | 12:00     | Pedro R.  |           | 11:30  | Sonia   |           |         |   |           |        |   |            |
|       |  |           |        |   |           |           |   |           | 11:40  |  PYOGA       | ENERGY    |         |   |           |        |   |            |
|       |  |           |        |   |           |           |   |           | 12:30  | Marisa  |           |         |   |           |        |   |            |

\*\*Las clases de Aquafitness sólo tienen acceso los socios que han abonado la tarifa de instalación completa de mañana y tarde

Al entrar a las actividades, será necesario presentar la tarjeta correspondiente que se entrega 30 min. antes del comienzo.

Los sábados las actividades de la sala Energy serán rotativas siendo la 1ª en la 1ª semana válida de este horario.

Pilates Av. se refiere a Pilates Avanzado.

Los horarios podrán ser modificados sin previo aviso por necesidades de la instalación.

La edad mínima para asistir a las actividades es de 16 años.

Las actividades tienen una duración aprox. de 50 minutos (excepto CORE de 30 min)

# COMPLEJO DEPORTIVO FELIPE VI

TARDES

Actividades Dirigidas.

Actualizado 01/09 SEPTIEMBRE 2015 01/09 al 30/09

## LUNES

| Hora  | Actividad          | Esp/Mon   |
|-------|--------------------|-----------|
| 18:40 | YOGA               | HARMONY   |
| 19:30 | ZUMBA fitness      | Marisa    |
| 18:50 | ZUMBA fitness      | ENERGY    |
| 19:40 | ZUMBA fitness      | Sonia R.  |
| 20:00 | BODY HEALTH        | ENERGY    |
| 20:50 | BODY HEALTH        | Macu      |
| 20:00 | SPINNING           | INTENSITY |
| 20:50 | SPINNING           | Sonia     |
| 20:10 | INTENSITY TRAINING | POWER     |
| 21:00 | INTENSITY TRAINING | Pedro R.  |
| 21:10 | SPINNING           | INTENSITY |
| 22:00 | SPINNING           | Pedro R.  |
| 21:30 | ZUMBA fitness      | ENERGY    |
| 22:20 | ZUMBA fitness      | Sonia R.  |

## MARTES

| Hora  | Actividad          | Esp/Mon        |
|-------|--------------------|----------------|
| 18:30 | BODY HEALTH        | ENERGY         |
| 19:20 | BODY HEALTH        | Sonia          |
| 19:00 | PILATES AV.        | HARMONY        |
| 19:50 | PILATES AV.        | Jose J.        |
| 19:00 | SPINNING           | INTENSITY      |
| 19:50 | SPINNING           | Pedro R.       |
| 19:50 | GAP                | ENERGY         |
| 20:40 | GAP                | Marta          |
| 20:00 | INTENSITY TRAINING | POWER          |
| 20:50 | INTENSITY TRAINING | Manolo Bastida |
| 20:10 | AQUAFITNESS        | PISCINA        |
| 21:00 | AQUAFITNESS        | Ricardo        |
| 21:00 | SPINNING           | INTENSITY      |
| 21:50 | SPINNING           | Pedro R.       |
| 21:00 | ZUMBA fitness      | ENERGY         |
| 21:50 | ZUMBA fitness      | Marta          |

## MIERCOLES

| Hora  | Actividad   | Esp/Mon        |
|-------|-------------|----------------|
| 18:30 | STEP        | ENERGY         |
| 19:20 | STEP        | Marta          |
| 19:00 | SPINNING    | INTENSITY      |
| 19:50 | SPINNING    | Macu           |
| 19:00 | TRX CORE    | POWER          |
| 19:50 | TRX CORE    | Manolo Bastida |
| 19:20 | CORE        | HARMONY        |
| 19:50 | CORE        | Sonia          |
| 20:00 | BODY HEALTH | ENERGY         |
| 20:50 | BODY HEALTH | Marta          |
| 20:10 | BOX         | HARMONY        |
| 21:00 | BOX         | Macu           |
| 21:10 | SPINNING    | INTENSITY      |
| 22:00 | SPINNING    | Macu           |
| 21:20 | GAP         | ENERGY         |
| 22:10 | GAP         | Marta          |

## JUEVES

| Hora  | Actividad     | Esp/Mon   |
|-------|---------------|-----------|
| 18:30 | STEP          | ENERGY    |
| 19:20 | STEP          | Marta     |
| 19:30 | SPINNING      | INTENSITY |
| 20:20 | SPINNING      | Pedro R.  |
| 19:30 | PILATES AV.   | HARMONY   |
| 20:20 | PILATES AV.   | Sonia     |
| 20:00 | ZUMBA fitness | ENERGY    |
| 20:50 | ZUMBA fitness | Marta     |
| 20:10 | AQUAFITNESS   | PISCINA   |
| 21:00 | AQUAFITNESS   | Ricardo   |
| 20:30 | YOGA          | HARMONY   |
| 21:20 | YOGA          | Marisa    |
| 21:10 | BODY HEALTH   | ENERGY    |
| 22:00 | BODY HEALTH   | Marta     |
| 21:30 | SPINNING      | INTENSITY |
| 22:20 | SPINNING      | Pedro R.  |

## VIERNES

| Hora  | Actividad   | Esp/Mon   |
|-------|-------------|-----------|
| 18:45 | SPINNING    | INTENSITY |
| 19:35 | SPINNING    | Sonia     |
| 19:50 | CORE        | ENERGY    |
| 20:20 | CORE        | Sonia     |
| 20:00 | PILATES AV. | HARMONY   |
| 20:50 | PILATES AV. | Jose J.   |
| 20:30 | BODY HEALTH | ENERGY    |
| 21:20 | BODY HEALTH | Sonia     |

