



Puerto del Rosario

**GIMNASIO**

LUNES A VIERNES: 06:00 - 23:00 | SÁBADOS Y FESTIVOS: 08:00 - 20:00 | DOMINGOS: 09:00 - 15:00

**PISCINA**

LUNES A VIERNES: 06:00 - 22:00 | SÁBADOS Y FESTIVOS: 09:00 - 13:00 Y 17:00 - 20:00 | DOMINGOS: 09:00 - 13:00

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
6:00						
6:30	BIKE	BIKE	BIKE	BIKE	BIKE	
	CROSS TRAINING					
7:00						
7:30	CROSS TRAINING					
8:00						
8:30	BALANCE	BIKE	BALANCE	BIKE	BALANCE	
8:45	CROSS TRAINING					
9:00	TOTAL BODY		TOTAL BODY		TOTAL BODY	
9:45		GAP		GAP		
10:00						
10:15	CROSS TRAINING					
	PILATES		BODY PUMP		BODY PUMP	
10:30						BIKE
10:45		BALANCE		BODY PUMP	BALANCE	
11:15	BIKE		BIKE		PILATES	
11:30		BIKE				
12:00				BIKE		
12:30	BODY PUMP	BODY PUMP	ESPALDA SANA		BIKE	
12:45	CROSS TRAINING					
13:00						
14:30	BIKE		BIKE		BIKE	
16:30	⊕ ZUMBA	BIKE		BIKE		
16:45						
17:00	CROSS TRAINING					
			BIKE			
17:30	BODY PUMP	⊕ ZUMBA	ESPALDA SANA	CORE	BODY PUMP	
	BIKE		⊕ ZUMBA			
17:45	ESPALDA SANA	PILATES		BIKE		CARDIOBOX
18:00			BODY PUMP	⊕ ZUMBA	CARDIOBOX	
18:15	CROSS TRAINING	BIKE	BIKE	⊕ ZUMBA	CROSS TRAINING	
18:30	BIKE	CARDIOBOX	PILATES	ESPALDA SANA	BIKE	
18:45	BODY PUMP			BIKE		
19:00	PILATES	TRX	⊕ ZUMBA	BODY PUMP	BODY PUMP	
19:15		BIKE	BIKE	BODY PUMP		
19:30	CROSS TRAINING					
	⊕ ZUMBA			TRX		
19:45	BIKE			BIKE		
20:00	BALANCE	BALANCE	BODY PUMP			
20:15			BIKE		TOTAL BODY	
20:30	TOTAL BODY	⊕ ZUMBA	BODY PUMP	BALANCE		
		BIKE				
20:45		BIKE				

■ SALA 1 ■ SALA 2 ■ SALA BIKE ■ ZONA FUNCIONAL