

COMPLEJO DEPORTIVO FELIPE VI

MAÑANAS

Horarios Actividades Dirigidas

ABRIL

01/03 al 30/03

| 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 |
| 7:40 | SPINNING | INTENSITY VIRTUAL | 7:40 | SPINNING | INTENSITY VIRTUAL | 7:40 | SPINNING | INTENSITY VIRTUAL | 7:40 | SPINNING | INTENSITY VIRTUAL | 7:40 | SPINNING | INTENSITY VIRTUAL | 9:30 | BODY HEALTH | 6 y 20 |
| 8:30 | PILATES | ENERGY Anto | 8:30 | YOGA | ENERGY Marisa | 8:30 | PILATES | ENERGY Anto | 8:30 | YOGA | ENERGY Marisa | 8:40 | AQUA FITNESS | PISCINA Isa Q. | | GAP | 13 y 27 |
| 8:40 | AQUA FITNESS | PISCINA Isa Q. | 9:00 | TRX | POWER Fermin | 8:40 | AQUA FITNESS | PISCINA Isa Q. | 9:00 | TRX | POWER Marta | 9:30 | PILATES | POWER Anto | 10:30 | SPINNING | TODOS |
| 9:30 | GAP | POWER Anto | 9:30 | PILATES | POWER Anto | 9:30 | PILATES | POWER Anto | 9:30 | PILATES | POWER Juanmi | 9:30 | YOGA | HARMONY Marisa | | | |
| 9:30 | AQUA FITNESS | PISCINA Jose María | 9:30 | AQUA FITNESS | PISCINA Jose María | 9:30 | AQUA FITNESS | PISCINA Jose María | 9:30 | AQUA FITNESS | PISCINA Jose María | 9:30 | AQUA FITNESS | PISCINA Jose María | 9:30 | BODY HEALTH | 14 y 28 |
| 9:30 | SPINNING | INTENSITY Sonia M. | 9:30 | SPINNING | INTENSITY Fermin | 9:30 | SPINNING | INTENSITY Marta | 9:30 | SPINNING | INTENSITY Marta | 9:40 | BODY HEALTH | ENERGY Isa Q. | 9:30 | GAP | 10 y 24 |
| 9:40 | PILATES | ENERGY Isa Q. | 9:30 | STEP | ENERGY Isa Q. | 9:40 | BODY HEALTH | ENERGY Isa Q. | 9:30 | STEP | ENERGY Isa Q. | 10:30 | SPINNING | INTENSITY Anto | 10:30 | SPINNING | TODOS |
| 10:30 | ZUMBA | ENERGY Sonia R | 10:30 | PILATES | POWER Isa Q. | 10:30 | CARDIO BOX | ENERGY Anto | 10:30 | PILATES | POWER Isa Q. | 10:40 | STEP | ENERGY Isa Q. | | | |
| 10:40 | TRX | POWER Isa Q. | 10:30 | JUMP | HARMONY Anto | 10:40 | TRX | POWER Isa Q. | 10:30 | JUMP | HARMONY Marta | 10:40 | CORE | ENERGY Isa Q. | | | |
| 10:30 | YOGA | HARMONY Marisa | 10:30 | ZUMBA | ENERGY Sonia R | 10:40 | YOGA | HARMONY Marisa | 10:30 | ZUMBA | ENERGY Sonia R. | 11:40 | | | | | |
| 11:10 | CORE | POWER Isa Q. | 11:00 | CORE | HARMONY Anto | 11:10 | CORE | POWER Isa Q. | 11:00 | CORE | HARMONY Marta | | | | | | |



RUTA BTT (DIF. MEDIA 2-3 H.)
SÁBADO 27 9:00 H. PLACETA (INSCRIPCIÓN PREVIA)

***Las clases de AQUATRaining requiere que el usuario sepa nadar.

**A las clases de Aquafitness y Aquatraining sólo tienen acceso los socios que han abonado la tarifa de instalación completa. Los sábados y domingos, las actividades de la sala Energy serán rotativas siendo la 1ª en la 1ª semana válida de este horario. Será necesario presentar la tarjeta a la entrada correspondiente que se entrega 30 min. antes del comienzo.

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 sesiones de CORE, FUNCTIONAL TRAINING, HIIT, JUMP y TRX son de 30´.

El horario de actividades dirigidas de los festivos entre semana con apertura por la mañana será el mismo que el del domingo de esa misma semana.

COMPLEJO DEPORTIVO FELIPE VI

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COMPLEJO DEPORTIVO FELIPE VI

Horarios Actividades Dirigidas

ABRIL

01/03 al 30/03

TARDES

LUNES

| Hora | Actividad | Esp/Mon |
|-------|---------------------|---------------------|
| 15:00 | SPINNING | INTENSITY VIRTUAL |
| 17:05 | YOGA | ENERGY Marisa |
| 18:05 | GAP | POWER Sonia M. |
| 18:05 | SPINNING | INTENSITY Macu |
| 18:30 | FUNCTIONAL TRAINING | SALA FITNESS Fermin |
| 19:05 | PILATES | HARMONY Juanmi |
| 19:00 | ZUMBA fitness | ENERGY Sonia R. |
| 19:00 | CORE | POWER Sonia M. |
| 19:30 | TRX | POWER Sonia M. |
| 20:00 | INTENSITY TRAINING | POWER Juanmi |
| 20:00 | BODY HEALTH | ENERGY Sonia M. |
| 20:00 | SPINNING | INTENSITY Manu |
| 20:00 | JUMP | HARMONY Sonia R. |
| 21:00 | AQUA FITNESS | PISCINA Sonia M. |
| 21:00 | BAILES LATINOS | HARMONY Sonia R. |
| 21:10 | SPINNING | INTENSITY Fermin |

MARTES

| Hora | Actividad | Esp/Mon |
|-------|---------------------|-------------------|
| 15:00 | SPINNING | INTENSITY VIRTUAL |
| 17:00 | ZUMBA kids | HARMONY Paqui |
| 17:05 | PILATES | ENERGY Sonia M. |
| 18:05 | YOGA | POWER Marisa |
| 18:05 | GAP | ENERGY Sonia M. |
| 18:40 | FUNCTIONAL TRAINING | SALA FITNESS Anto |
| 19:00 | BODY HEALTH | ENERGY Marta |
| 19:00 | TRX | POWER Sonia M. |
| 19:30 | CORE | POWER Sonia M. |
| 20:00 | STEP | ENERGY Marta |
| 20:00 | SPINNING | INTENSITY Pedro |
| 20:30 | HIIT | POWER Anto |
| 20:10 | AQUA FITNESS | PISCINA Ricardo |
| 21:00 | AQUA TRAINING | PISCINA Sonia M. |
| 21:00 | BAILES LATINOS | HARMONY Sonia R. |
| 21:10 | SPINNING | INTENSITY Anto |

MIERCOLES

| Hora | Actividad | Esp/Mon |
|-------|---------------------|---------------------|
| 15:00 | SPINNING | INTENSITY VIRTUAL |
| 17:05 | YOGA | HARMONY Marisa |
| 18:05 | BODY HEALTH | ENERGY Paqui |
| 18:05 | SPINNING | INTENSITY Macu |
| 18:30 | FUNCTIONAL TRAINING | SALA FITNESS Fermin |
| 19:00 | CARDIO BOX | ENERGY Anto |
| 19:00 | CORE | POWER Sonia M. |
| 19:30 | TRX | POWER Sonia M. |
| 19:30 | JUMP | HARMONY Sonia R. |
| 20:00 | SPINNING | INTENSITY Manu |
| 20:00 | PILATES | HARMONY Macu |
| 20:00 | BODY HEALTH | ENERGY Anto |
| 20:00 | INTENSITY TRAINING | POWER Marta |
| 20:10 | AQUA TRAINING | PISCINA Sonia M. |
| 21:00 | AQUA FITNESS | PISCINA Sonia M. |
| 21:10 | SPINNING | INTENSITY Macu |

JUEVES

| Hora | Actividad | Esp/Mon |
|-------|---------------------|--------------------|
| 15:00 | SPINNING | INTENSITY VIRTUAL |
| 17:00 | ZUMBA kids | HARMONY Paqui |
| 17:05 | PILATES | ENERGY Marta |
| 18:05 | YOGA | POWER Marisa |
| 18:05 | STEP | ENERGY Marta |
| 18:40 | FUNCTIONAL TRAINING | SALA FITNESS Anto |
| 19:00 | BODY HEALTH | ENERGY Fermin |
| 19:00 | GAP | HARMONY Marta |
| 19:00 | TRX | POWER Sonia M. |
| 19:30 | CORE | POWER Sonia M. |
| 20:00 | RUNNING CLUB | PLACETA Marta |
| 20:00 | SPINNING | INTENSITY Pedro |
| 20:00 | ZUMBA fitness | ENERGY Sonia R. |
| 20:00 | INTENSITY TRAINING | POWER Fermin |
| 20:10 | AQUA FITNESS | PISCINA Ricardo |
| 21:00 | BAILES LATINOS | HARMONY Sonia R. |
| 21:10 | SPINNING | INTENSITY Sonia M. |

VIERNES

| Hora | Actividad | Esp/Mon |
|-------|---------------------|-------------------|
| 15:00 | SPINNING | INTENSITY VIRTUAL |
| 18:00 | PILATES | ENERGY Macu |
| 19:00 | SPINNING | INTENSITY Macu |
| 19:00 | ZUMBA fitness | ENERGY Sonia R. |
| 19:30 | FUNCTIONAL TRAINING | SALA FITNESS Anto |
| 20:00 | BODY HEALTH | ENERGY Macu |
| 20:00 | SEVILLANAS | HARMONY Belen |
| 20:10 | AQUA FITNESS | PISCINA Sonia M. |

