

## GUÍA DE ACTIVIDADES AQUAE WELLNESS CLUB

VÁLIDA A PARTIR DEL 12 DE DICIEMBRE DE 2016

HORA	LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES				SÁBADO		DOMINGO	
	SALA A	SALA B	CROSS	SALA QI	SALA A	SALA B	CROSS	SALA QI	SALA A	SALA B	CROSS	SALA QI	SALA A	SALA B	CROSS	SALA QI	SALA A	SALA B	CROSS	SALA QI	SALA B	CROSS	CROSS	
7:00			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
7:15			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
7:30			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
7:45			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
8:00			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
8:15			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
8:30			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
8:45			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
9:00			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
9:15			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
9:30			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
9:45			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
10:00		TONIFICACIÓN	GPP	YOGA	CICLO		GPP			ZUMBA	GPP	YOGA	CICLO		GPP			PUMP	GPP					
10:15		TONIFICACIÓN	GPP	YOGA	CICLO		GPP			ZUMBA	GPP	YOGA	CICLO		GPP			PUMP	GPP			OPEN BOX	OPEN BOX	
10:30		TONIFICACIÓN	GPP	YOGA	CICLO		GPP			ZUMBA	GPP	YOGA	CICLO		GPP			PUMP	GPP			OPEN BOX	OPEN BOX	
10:45		TONIFICACIÓN	GPP	YOGA	CICLO		GPP			ZUMBA	GPP	YOGA	CICLO		GPP			PUMP	GPP			OPEN BOX	OPEN BOX	
11:00																					TOTAL			
11:15	CICLO		OPEN BOX			COMBAT	OPEN BOX		CICLO		OPEN BOX			COMBAT	OPEN BOX			ZUMBA	OPEN BOX			GPP	OPEN BOX	
11:30	CICLO		OPEN BOX			COMBAT	OPEN BOX		CICLO		OPEN BOX			COMBAT	OPEN BOX			ZUMBA	OPEN BOX			GPP	OPEN BOX	
11:45	CICLO		OPEN BOX			COMBAT	OPEN BOX		CICLO		OPEN BOX			COMBAT	OPEN BOX			ZUMBA	OPEN BOX			GPP	OPEN BOX	
12:00			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX			OPEN BOX	OPEN BOX	
12:15			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX			OPEN BOX	OPEN BOX	
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12:45			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX			OPEN BOX	OPEN BOX	
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13:45			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX			OPEN BOX	OPEN BOX	
14:00																								
14:15																								
14:30			GPP				OPEN BOX				GPP				OPEN BOX									
14:45			GPP			TOTAL	OPEN BOX				GPP				OPEN BOX			COMBAT	GPP					
15:00	CICLO					TOTAL	OPEN BOX				GPP				OPEN BOX			COMBAT	GPP					
15:15	CICLO					TOTAL	OPEN BOX				GPP				OPEN BOX			COMBAT	GPP					
15:30			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
15:45			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
16:00			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
16:15			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
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17:00			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
17:15			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
17:30			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
17:45			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX					
18:00																								
18:15			HALTERO	PILATES			OPEN BOX				HALTERO	PILATES			OPEN BOX				TOTAL Mayte	GYMNASTICS			OPEN BOX	
18:30		ABDOMEN	HALTERO	PILATES		ABDOMEN	OPEN BOX				ABDOMEN	HALTERO	PILATES		ABDOMEN	OPEN BOX			TOTAL Mayte	GYMNASTICS			OPEN BOX	
18:45		ABDOMEN	HALTERO	PILATES		ABDOMEN	OPEN BOX				ABDOMEN	HALTERO	PILATES		ABDOMEN	OPEN BOX			TOTAL Mayte	GYMNASTICS			OPEN BOX	
19:00																								
19:15	CICLO	GAP	GPP	YOGA	CICLO	PUMP	GPP		CICLO	GAP	GPP	YOGA	CICLO	PUMP	GPP		CICLO		GPP	MIXED ARTS			OPEN BOX	
19:30	CICLO	GAP	GPP	YOGA	CICLO	PUMP	GPP		CICLO	GAP	GPP	YOGA	CICLO	PUMP	GPP		CICLO		GPP	MIXED ARTS			OPEN BOX	
19:45	CICLO	GAP	GPP	YOGA	CICLO	PUMP	GPP		CICLO	GAP	GPP	YOGA	CICLO	PUMP	GPP		CICLO		GPP	MIXED ARTS			OPEN BOX	
20:00																								
20:15	CICLO	COMBAT	GPP	JUDO	CICLO	ZUMBA	COMPETITORS	K1	CICLO	COMBAT	GPP	JUDO	CICLO	ZUMBA	COMPETITORS	K1		ABDOMEN						
20:30	CICLO	COMBAT	GPP	JUDO	CICLO	ZUMBA	COMPETITORS	K1	CICLO	COMBAT	GPP	JUDO	CICLO	ZUMBA	COMPETITORS	K1		ABDOMEN						
20:45	CICLO	COMBAT	GPP	JUDO	CICLO	ZUMBA	COMPETITORS	K1	CICLO	COMBAT	GPP	JUDO	CICLO	ZUMBA	COMPETITORS	K1		ABDOMEN						
21:00		ABDOMEN				ABDOMEN				ABDOMEN				ABDOMEN										
21:15		ABDOMEN	OPEN BOX	MUAY TAY		ABDOMEN	OPEN BOX			ABDOMEN	OPEN BOX	MUAY TAY		ABDOMEN	OPEN BOX									
21:30		ABDOMEN	OPEN BOX	MUAY TAY		ABDOMEN	OPEN BOX			ABDOMEN	OPEN BOX	MUAY TAY		ABDOMEN	OPEN BOX									
21:45		ABDOMEN	OPEN BOX	MUAY TAY		ABDOMEN	OPEN BOX			ABDOMEN	OPEN BOX	MUAY TAY		ABDOMEN	OPEN BOX									
22:00			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX									
22:15			OPEN BOX				OPEN BOX				OPEN BOX				OPEN BOX									

### HORARIO SALA DE MUSCULACIÓN:

- LUNES A VIERNES: 07:00 a 22:30
- SÁBADOS: 10:00 a 14:00 y 16:30 a 20:00
- DOMINGOS Y FESTIVOS: 10:00 a 14:00