



Horario de Clases Colectivas Centro Deportivo Arenal Health Club

POWER		CUERPO-MENTE		MOVE		AGUA		CICLO			
LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
9:00	S SPINNING *** 45'	9:00	1 PUMP *** 60'	9:00	S SPINNING *** 45'	9:00	1 PUMP *** 60'	9:00	S SPINNING *** 45'		
9:15	2 BOX *** 45'			9:15	2 BOX *** 45'						
10:00	1 PILATES ** 60'	10:00	1 YOGA ** 60'	10:00	1 PILATES ** 60'	10:00	1 YOGA ** 60'	10:00	1 PILATES ** 60'		
10:00	2 HIPOPRESIVOS ** 30'	10:00	S SPINNING *** 45'	10:00	2 HIPOPRESIVOS ** 30'	10:00	S SPINNING *** 45'	10:45	P MAYOR FORMA * 45'		
10:30	2 CIRCUITO *** 30'	10:00	2 MANTENIMIENTO ACTIVO * 60'	10:30	2 CIRCUITO *** 30'	10:00	2 MANTENIMIENTO ACTIVO * 60'	11:00	S SPINNING VIRTUAL ** 45'	11:30	S SPINNING VIRTUAL ** 45'
10:45	P MAYOR FORMA * 45'	10:45	P MAYOR FORMA * 45'	10:45	P MAYOR FORMA * 45'	10:45	P MAYOR FORMA * 45'	11:00	1 PUMP *** 60'		
11:00	S SPINNING *** 45'	11:00	1 ZUMBA ** 60'	11:00	S SPINNING *** 45'	11:00	1 ZUMBA ** 60'	11:30	P AQUAZUMBA ** 30'		
11:00	1 PUMP *** 60'	11:00	2 HIIT **** 45'	11:00	1 PUMP *** 60'	11:00	2 HIIT **** 45'				
11:30	P AQUAZUMBA ** 45'	11:30	P AQUAPILATES 30' * 30'	11:30	P AQUAZUMBA ** 45'	11:30	P AQUAPILATES 30' * 30'				
12:00	1 ZUMBA ** 60'	12:30	S SPINNING VIRTUAL ** 45'	12:00	1 ZUMBA ** 60'	12:30	S SPINNING VIRTUAL ** 45'				
14:30	S SPINNING VIRTUAL ** 45'	14:30	S SPINNING VIRTUAL ** 45'	14:30	S SPINNING VIRTUAL ** 45'	14:30	S SPINNING VIRTUAL ** 45'	14:30	S SPINNING VIRTUAL ** 45'		
16:30	1 ZUMBA KIDS ** 60'	17:00	1 HIIT **** 30'	16:30	1 ZUMBA KIDS ** 60'	17:00	1 HIIT **** 30'				
		17:30	1 CORE *** 30'			17:30	1 CORE *** 30'				
18:00	1 PUMP *** 60'	17:50	2 CIRCUITO *** 40'	18:00	1 PUMP *** 60'	17:50	2 CIRCUITO *** 40'				ESPACIO
18:00	S SPINNING VIRTUAL ** 45'	18:00	P AQUAKIDS ** 60'	18:00	S SPINNING VIRTUAL ** 45'	18:00	P AQUAKIDS ** 60'	18:00	1 PILATES ** 60'	1	SALA 1
18:20	2 CIRCUITO *** 40'	18:00	1 PILATES ** 60'	18:20	2 CIRCUITO *** 40'	18:00	1 PILATES ** 60'			2	SALA 2
19:00	1 HIIT **** 30'	18:00	S SPINNING VIRTUAL ** 45'	19:00	1 HIIT **** 30'	18:00	S SPINNING VIRTUAL ** 45'			S	SALA SPINNING
19:00	2 YOGA ** 60'	18:30	2 CORE *** 30'	19:00	2 YOGA ** 60'	18:30	2 CORE *** 30'	19:00	S SPINNING VIRTUAL ** 45'	P	PISCINA
19:00	S SPINNING *** 45'	19:00	S SPINNING *** 45'	19:00	S SPINNING *** 45'	19:00	S SPINNING *** 45'				
19:30	P AQUAGYM ** 30'	19:00	1 ZUMBA ** 60'	19:30	P AQUAGYM ** 30'	19:00	1 ZUMBA ** 60'	19:00	1 PUMP *** 60'		
19:30	1 ZUMBA ** 60'	19:15	P AQUAFITNESS ** 45'	19:30	1 ZUMBA ** 60'	19:15	P AQUAFITNESS ** 45'				INTENSIDAD
20:00	S SPINNING *** 45'	20:00	S SPINNING *** 45'	20:00	S SPINNING *** 45'	20:00	S SPINNING ** 45'	20:00	S SPINNING VIRTUAL ** 45'		BASIC *
20:00	P AQUAZUMBA ** 30'	20:00	P AQUAGYM ** 30'	20:00	P AQUAZUMBA ** 30'	20:00	P AQUAGYM ** 30'				ACTIVE **
20:30	1 PILATES ** 60'	20:00	1 COMBAT *** 60'	20:30	1 PILATES ** 60'	20:00	1 COMBAT *** 60'				SPORT ***
20:30	2 BOX *** 45'	21:00	1 PUMP *** 60'	20:30	2 BOX *** 45'	21:00	1 PUMP *** 60'				EXTREME ****
21:00	S SPINNING VIRTUAL ** 45'	21:15	S SPINNING VIRTUAL ** 45'	21:00	S SPINNING VIRTUAL ** 45'	21:15	S SPINNING VIRTUAL ** 45'				

NADO LIBRE DURANTE TODO EL HORARIO DE APERTURA DE LA INSTALACIÓN DE LUNES A VIERNES DE 9:00 A 22:00 HORAS Y SABADOS DE 10:00 A 13:30.