



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	FITBALL ** 30'	9:15	2	BOX *** 45'	9:15	2	FITBALL ** 30'						
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'				12:00	1	ZUMBA ** 60'									
			12:30	S	SPINNING VIRTUAL ** 45'				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'				16:30	1	ZUMBA KIDS ** 60'									
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'						
19:00	1	HIIT **** 30'	18:00	S	SPINNING VIRTUAL ** 45'	19:00	1	HIIT **** 30'	18:00	S	SPINNING VIRTUAL ** 45'				2	SALA 2	
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'	S	SALA SPINNING	
19:00	S	SPINNING *** 45'	19:00	S	SPINNING *** 45'	19:00	S	SPINNING *** 45'	19:00	S	SPINNING *** 45'				P	PISCINA	
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 SÁBADOS DE 10:00 A 13:30.