



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO					
7:15		7:15	7:15	7:15	7:15	7:15	7:15					
7:30	GAP s1	7:30	7:30	7:30	CICLO INDOOR s ciclo	7:30	7:30					
7:45		7:45	7:45	7:45	7:45	7:45	7:45					
8:00		8:00	8:00	8:00	8:00	8:00	8:00					
8:15		8:15	8:15	8:15	8:15	8:15	8:15					
8:30	TONOFIT s1	8:30	8:30	8:30	CARDIOFIT s1	8:30	8:30					
8:45		8:45	8:45	8:45	8:45	8:45	8:45					
9:00		PILATES s1 AQUAFITNESS p	9:00	LATINOS s1	9:00	AQUAEROBIC piscina	9:00					
9:15		SH'BAM s2	9:15		9:15	BODY BALANCE s2	9:15	YOGA s2	9:15	CROSS TRAINING sfunc	9:15	PILATES s2
9:30	CARDIOFIT s1 POWER sfunc	9:30	9:30	CROSS TRAINING s func	9:30	BODY COMBAT s1	9:30	BODY ATTACK s1	9:30	BODY PUMP s1	9:30	PILATES s2
9:45		9:45	9:45	SALUD s2	9:45	CICLO INDOOR s ciclo	9:45	CICLO INDOOR s ciclo	9:45		9:45	
10:00	PILATES s2	10:00	10:00	CICLO INDOOR s ciclo	10:00		10:00		10:00	SALUD s2	10:00	
10:15	CICLO INDOOR s ciclo	10:15	10:15		10:15		10:15	FUNCIONAL s func	10:15		10:15	BODY PUMP s1
10:30	AQUAFITNESS piscina	10:30	10:30	CARDIOFIT s1	10:30	PILATES s1 SH'BAM s2 AQUAFITNESS p	10:30	LATINOS s1 AQUAEROBIC p	10:30	LATINOS s1	10:30	SPORT FAMILY pabellon
10:45	BODY PUMP s1	10:45	10:45	AQUAPILATES piscina	10:45	CLUB RUNNING exterior	10:45	PILATES s2	10:45		10:45	
11:00	BODY BALANCE s2	11:00	11:00		11:00		11:00		11:00	BODY ATTACK s2	11:00	
11:15		11:15	11:15		11:15		11:15	AQUAFITNESS piscina	11:15		11:15	SH'BAM s1
11:30	AQUAPILATES piscina	11:30	11:30	BODY PUMP s1 AQUAEROBIC p	11:30	PILATES s2	11:30	CROSS TRAINING s func	11:30	TONOFIT s1	11:30	CICLO INDOOR s ciclo
11:45		11:45	11:45	PILATES s2	11:45	TONOFIT s1	11:45	CARDIOFIT s1	11:45		11:45	
12:00	LATINOS s1 FLOW s2	12:00	12:00		12:00		12:00		12:00	CICLO INDOOR s ciclo	12:00	
12:15		12:15	12:15		12:15	HIIT s func	12:15		12:15		12:15	GAP s1
12:30		12:30	12:30	CICLO INDOOR s ciclo	12:30		12:30	FLOW s2	12:30	PILATES FAMILY s2	12:30	BODY BALANCE s2
12:45		12:45	12:45		12:45		12:45		12:45		12:45	
13:00		13:00	13:00		13:00		13:00		13:00	POWER sfunc	13:00	
13:15		13:15	13:15		13:15		13:15		13:15		13:15	
13:30		13:30	13:30		13:30		13:30		13:30	DANCE FAMILY s1	13:30	
13:45		13:45	13:45		13:45		13:45		13:45		13:45	
14:00		14:00	14:00		14:00		14:00		14:00		14:00	
14:15		14:15	14:15		14:15		14:15		14:15		14:15	
14:30	CARDIOFIT s1	14:30	14:30		14:30	CICLO INDOOR s ciclo	14:30		14:30		14:30	
14:45		14:45	14:45		14:45		14:45		14:45		14:45	
15:00		15:00	15:00		15:00		15:00		15:00		15:00	
15:15		15:15	15:15		15:15		15:15		15:15		15:15	
15:30		15:30	15:30		15:30		15:30		15:30		15:30	
15:45		15:45	15:45		15:45		15:45		15:45		15:45	
16:00		16:00	16:00		16:00		16:00	FUNCIONAL sfunc	16:00		16:00	
16:15		16:15	16:15		16:15		16:15		16:15		16:15	
16:30		16:30	16:30		16:30		16:30		16:30		16:30	
16:45		16:45	16:45		16:45		16:45		16:45		16:45	
17:00	GAP s1	17:00	17:00	YOGA s2	17:00		17:00	TONOFIT s1 HIIT sfunc	17:00		17:00	
17:15		17:15	17:15		17:15	CROSS TRAINING s func	17:15		17:15		17:15	
17:30	TONO KIDS pabellón	17:30	17:30	BODY PUMP s1 CARDIO KIDS pa	17:30	CARDIO KIDS pabellon	17:30	CARDIO KIDS pabellon	17:30	FUNCIONAL sfunc	17:30	
17:45	BODY BALANCE s2	17:45	17:45	TONO KIDS pabellón	17:45		17:45	YOGA s2	17:45		17:45	
18:00	SH'BAM s1	18:00	18:00	FUNCIONAL s func	18:00	PILATES s2	18:00	SH'BAM s1	18:00		18:00	
18:15	C. INDOOR sc CARDIO KIDS pa	18:15	18:15	CARDIOFIT s1	18:15	CARDIOFIT s2	18:15	BODY ATTACK s1	18:15		18:15	
18:30		18:30	18:30	CICLO INDOOR s ciclo	18:30	LATINOS s1 TONO KIDS pa	18:30	CICLO INDOOR s ciclo	18:30	CICLO INDOOR s ciclo	18:30	CICLO INDOOR s ciclo
18:45		18:45	18:45		18:45		18:45		18:45	PILATES s2	18:45	
19:00	BODY PUMP s1 C. SWIMMING p	19:00	19:00	FLOW s2	19:00	CICLO INDOOR s ciclo	19:00	BODY BALANCE s2	19:00	BODY COMBAT s1	19:00	
19:15	SALUD s2 C. INDOOR sc	19:15	19:15	BODY PUMP s1	19:15	PILATES s2	19:15	TONOFIT s1	19:15		19:15	
19:30		19:30	19:30	HIIT sfunc	19:30	BODY COMBAT s1	19:30	CLUB RUNNING exterior	19:30	POWER sfunc	19:30	
19:45		19:45	19:45	SALUD s2	19:45		19:45		19:45	AQUA PILATES piscina	19:45	
20:00	B. ATTACK s1 AQUAEROBIC p	20:00	20:00	C. INDOOR sc AQUAFITNESS p	20:00	C. INDOOR sc AQUAFITNESS p	20:00	CICLO INDOOR s ciclo	20:00		20:00	
20:15	PILATES s2 POWER sf	20:15	20:15	LATINOS s1	20:15	SH'BAM s2	20:15	LATINOS s1 AQUAFITNESS p	20:15	BODY PUMP s1	20:15	
20:30		20:30	20:30	AQUAEROBIC piscina	20:30	GAP s1	20:30		20:30		20:30	
20:45		20:45	20:45		20:45		20:45		20:45		20:45	
21:00	AQUAFITNESS piscina	21:00	21:00	YOGA s2	21:00	HIIT sfunc AQUAEROBIC p	21:00	C. SWIMMING piscina	21:00		21:00	
21:15		21:15	21:15		21:15		21:15		21:15		21:15	
21:30		21:30	21:30		21:30		21:30		21:30		21:30	
21:45		21:45	21:45		21:45		21:45		21:45		21:45	
22:00		22:00	22:00		22:00		22:00		22:00		22:00	
22:30		22:30	22:30		22:30		22:30		22:30		22:30	

L-V: 7:00 - 22:30 h  
S: 9:00 - 20:00 h  
D y F: 9:00 - 14:00 h

ACTIVIDADES DIRIGIDAS 45'

LUDOTECA DE USO EXCLUSIVO PARA ABONADOS AL CENTRO



CARDIOVASCULAR



TONIFICACIÓN



BAILE



CUERPO/MENTE



INFANTILES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15							
7:30							
7:45	GAP						
8:00							
8:15							
8:30	TONOFIT			CARDIOFIT			
8:45							
9:00		PILATES	LATINOS				
9:15							
9:30	CARDIOFIT			BODY COMBAT	BODY ATTACK	BODY PUMP	
9:45							
10:00							
10:15		TONOFIT					
10:30			CARDIOFIT	PILATES	LATINOS	LATINOS	BODY PUMP
10:45	BODY PUMP						
11:00							
11:15		BODY COMBAT					SH'BAM
11:30			BODY PUMP	TONOFIT	CARDIOFIT	TONOFIT	
11:45							
12:00	LATINOS						
12:15							GAP
12:30							
12:45							
13:00							
13:15							
13:30						DANCE FAMILY	
13:45							
14:00							
14:15							
14:30	CARDIOFIT	TONOFIT					
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30							
16:45							
17:00	GAP	TONOFIT			TONOFIT		
17:15							
17:30			BODY PUMP				
17:45							
18:00	SH'BAM				SH'BAM		
18:15		CARDIOFIT		BODY ATTACK			
18:30			LATINOS				
18:45							
19:00	BODY PUMP				BODY COMBAT		
19:15		BODY PUMP		TONOFIT			
19:30			BODY COMBAT				
19:45							
20:00	BODY ATTACK						
20:15		LATINOS		LATINOS		BODY PUMP	
20:30			GAP				
20:45							
21:00							
21:15							
21:30							
21:45							
22:00							
22:30							

L-V: 7:00 - 22:30 h  
S: 9:00 - 20:00 h  
D y F: 9:00 - 14:00 h

ACTIVIDADES  
DIRIGIDAS 45'

LUDOTECA  
DE USO EXCLUSIVO  
PARA ABONADOS  
AL CENTRO



# HORARIO SALA 2



CUERPO/MENTE



BAILE



CARDIOVASCULAR



INFANTILES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30		SH'BAM		BODY BALANCE	YOGA		
9:45							PILATES
10:00	PILATES		SALUD				
10:15						SALUD	
10:30		YOGA		SH'BAM			
10:45					PILATES		
11:00	BODY BALANCE		FLOW			BODY ATTACK	
11:15							
11:30		PILATES		PILATES			
11:45			PILATES				
12:00	FLOW						
12:15							
12:30					FLOW	PILATES FAMILY	BODY BALANCE
12:45							
13:00							
13:15							
13:30							
13:45							
14:00							
14:15							
14:30							
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30							
16:45							
17:00			YOGA				
17:15							
17:30							
17:45	BODY BALANCE				YOGA		
18:00				PILATES			
18:15			CARDIOFIT				
18:30					PILATES		
18:45							
19:00		FLOW		BODY BALANCE	PILATES		
19:15	SALUD						
19:30		SALUD	PILATES				
19:45							
20:00							
20:15	PILATES		SH'BAM				
20:30							
20:45		YOGA					
21:00							
21:15							
21:30							
21:45							
22:00							
22:00							

L-V: 7:00 - 22:30 h  
S: 9:00 - 20:00 h  
D y F: 9:00 - 14:00 h

ACTIVIDADES  
DIRIGIDAS 45'

LUDOTECA  
DE USO EXCLUSIVO  
PARA ABONADOS  
AL CENTRO



# HORARIO SALA CICLO

CARDIOVASCULAR

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15		7:15	7:15	7:15		7:15	7:15
7:30		7:30	7:30	7:30		7:30	7:30
7:45		7:45	7:45	7:45		7:45	7:45
8:00		8:00	8:00	8:00		8:00	8:00
8:15		8:15	8:15	8:15		8:15	8:15
8:30		8:30	8:30	8:30		8:30	8:30
8:45		8:45	8:45	8:45		8:45	8:45
9:00		9:00	9:00	9:00		9:00	9:00
9:15		9:15	9:15	9:15		9:15	9:15
9:30		9:30	9:30	9:30		9:30	9:30
9:45		9:45	9:45	9:45		9:45	9:45
10:00		10:00	10:00	10:00		10:00	10:00
10:15	10:15	10:15	10:15	10:15	10:15	10:15	10:15
10:30	10:30	10:30	10:30	10:30	10:30	10:30	10:30
10:45	10:45	10:45	10:45	10:45	10:45	10:45	10:45
11:00		11:00	11:00	11:00		11:00	11:00
11:15		11:15	11:15	11:15		11:15	11:15
11:30		11:30	11:30	11:30		11:30	11:30
11:45		11:45	11:45	11:45		11:45	11:45
12:00		12:00	12:00	12:00		12:00	12:00
12:15		12:15	12:15	12:15		12:15	12:15
12:30		12:30	12:30	12:30		12:30	12:30
12:45		12:45	12:45	12:45		12:45	12:45
13:00		13:00	13:00	13:00		13:00	13:00
13:15		13:15	13:15	13:15		13:15	13:15
13:30		13:30	13:30	13:30		13:30	13:30
13:45		13:45	13:45	13:45		13:45	13:45
14:00		14:00	14:00	14:00		14:00	14:00
14:15		14:15	14:15	14:15		14:15	
14:30		14:30	14:30	14:30		14:30	
14:45		14:45	14:45	14:45		14:45	
15:00		15:00	15:00	15:00		15:00	
15:15		15:15	15:15	15:15		15:15	
15:30		15:30	15:30	15:30		15:30	
15:45		15:45	15:45	15:45		15:45	
16:00		16:00	16:00	16:00		16:00	
16:15		16:15	16:15	16:15		16:15	
16:30		16:30	16:30	16:30		16:30	
16:45		16:45	16:45	16:45		16:45	
17:00		17:00	17:00	17:00		17:00	
17:15		17:15	17:15	17:15		17:15	
17:30		17:30	17:30	17:30		17:30	
17:45		17:45	17:45	17:45		17:45	
18:00		18:00	18:00	18:00		18:00	
18:15	18:15	18:15	18:15	18:15		18:15	
18:30	18:30	18:30	18:30	18:30	18:30	18:30	18:30
18:45	18:45	18:45	18:45	18:45	18:45	18:45	18:45
19:00		19:00	19:00	19:00	19:00	19:00	19:00
19:15	19:15	19:15	19:15	19:15	19:15	19:15	19:15
19:30	19:30	19:30	19:30	19:30	19:30	19:30	19:30
19:45	19:45	19:45	19:45	19:45	19:45	19:45	19:45
20:00		20:00	20:00	20:00		20:00	
20:15		20:15	20:15	20:15		20:15	
20:30		20:30	20:30	20:30		20:30	
20:45		20:45	20:45	20:45		20:45	
21:00		21:00	21:00	21:00		21:00	
21:15		21:15	21:15	21:15		21:15	
21:30		21:30	21:30	21:30		21:30	
21:45		21:45	21:45	21:45		21:45	
22:00		22:00	22:00	22:00		22:00	
22:30		22:30	22:30	22:30		22:30	

L-V: 7:00 - 22:30 h  
S: 9:00 - 20:00 h  
D y F: 9:00 - 14:00 h

ACTIVIDADES  
DIRIGIDAS 45'

LUDOTECA  
DE USO EXCLUSIVO  
PARA ABONADOS  
AL CENTRO



# HORARIO ZONA FUNCIONAL



CARDIOVASCULAR



TONIFICACIÓN

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30	POWER		CROSS TRAINING				CROSS TRAINING
9:45							
10:00							
10:15							
10:30					FUNCIONAL		
10:45		HIIT					
11:00							
11:15		POWER					
11:30					CROSS TRAINING		
11:45							
12:00							
12:15				HIIT			
12:30							
12:45							
13:00						POWER	
13:15							
13:30							
13:45							
14:00							
14:15							
14:30							
14:45							
15:00							
15:15							
15:30							
15:45							
16:00					FUNCIONAL		
16:15							
16:30							
16:45							
17:00					HIIT		
17:15				CROSS TRAINING			
17:30						FUNCIONAL	
17:45							
18:00			FUNCIONAL				
18:15							
18:30							
18:45							
19:00							
19:15							
19:30		HIIT			POWER		
19:45							
20:00							
20:15	POWER						
20:30							
20:45							
21:00			HIIT				
21:15							
21:30							
21:45							
22:00							
22:30							

L-V: 7:00 - 22:30 h  
S: 9:00 - 20:00 h  
D y F: 9:00 - 14:00 h

ACTIVIDADES  
DIRIGIDAS 45'

LUDOTECA  
DE USO EXCLUSIVO  
PARA ABONADOS  
AL CENTRO



ACUÁTICAS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15		7:15	7:15	7:15	7:15	7:15	7:15
7:30		7:30	7:30	7:30	7:30	7:30	7:30
7:45		7:45	7:45	7:45	7:45	7:45	7:45
8:00		8:00	8:00	8:00	8:00	8:00	8:00
8:15		8:15	8:15	8:15	8:15	8:15	8:15
8:30		8:30	8:30	8:30	8:30	8:30	8:30
8:45		8:45	8:45	8:45	8:45	8:45	8:45
9:00		AQUA FITNESS	9:00	9:00	AQUA AEROBIC	9:00	9:00
9:15		AQUA FITNESS	9:15	9:15	AQUA AEROBIC	9:15	9:15
9:30		AQUA FITNESS	9:30	9:30	AQUA AEROBIC	9:30	9:30
9:45		9:45	9:45	9:45	9:45	9:45	9:45
10:00		10:00	10:00	10:00	10:00	10:00	10:00
10:15		10:15	10:15	10:15	10:15	10:15	10:15
10:30	AQUA FITNESS	10:30	10:30	10:30	AQUA FITNESS	10:30	10:30
10:45	AQUA FITNESS	AQUA AEROBIC	10:45	10:45	AQUA FITNESS	AQUA AEROBIC	10:45
11:00		11:00	11:00	11:00	11:00	11:00	11:00
11:15		11:15	11:15	11:15	11:15	11:15	11:15
11:30	AQUA PILATES	11:30	11:30	11:30	11:30	AQUA FITNESS	11:30
11:45	AQUA PILATES	11:45	11:45	11:45	11:45	11:45	11:45
12:00	AQUA PILATES	12:00	12:00	12:00	12:00	12:00	12:00
12:15		12:15	12:15	12:15	12:15	12:15	12:15
12:30		12:30	12:30	12:30	12:30	12:30	12:30
12:45		12:45	12:45	12:45	12:45	12:45	12:45
13:00		13:00	13:00	13:00	13:00	13:00	13:00
13:15		13:15	13:15	13:15	13:15	13:15	13:15
13:30		13:30	13:30	13:30	13:30	13:30	13:30
13:45		13:45	13:45	13:45	13:45	13:45	13:45
14:00		14:00	14:00	14:00	14:00	14:00	14:00
14:15		14:15	14:15	14:15	14:15	14:15	
14:30		14:30	14:30	14:30	14:30	14:30	
14:45		14:45	14:45	14:45	14:45	14:45	
15:00		15:00	15:00	15:00	15:00	15:00	
15:15		15:15	15:15	15:15	15:15	15:15	
15:30		15:30	15:30	15:30	15:30	15:30	
15:45		15:45	15:45	15:45	15:45	15:45	
16:00		16:00	16:00	16:00	16:00	16:00	
16:15		16:15	16:15	16:15	16:15	16:15	
16:30		16:30	16:30	16:30	16:30	16:30	
16:45		16:45	16:45	16:45	16:45	16:45	
17:00		17:00	17:00	17:00	17:00	17:00	
17:15		17:15	17:15	17:15	17:15	17:15	
17:30		17:30	17:30	17:30	17:30	17:30	
17:45		17:45	17:45	17:45	17:45	17:45	
18:00		18:00	18:00	18:00	18:00	18:00	
18:15		18:15	18:15	18:15	18:15	18:15	
18:30		18:30	18:30	18:30	18:30	18:30	
18:45		18:45	18:45	18:45	18:45	18:45	
19:00	CLUB SWIMMING	19:00	19:00	19:00	19:00	19:00	
19:15	CLUB SWIMMING	19:15	19:15	19:15	19:15	19:15	
19:30	CLUB SWIMMING	19:30	19:30	19:30	19:30	19:30	
19:45		19:45	19:45	19:45	19:45	19:45	
20:00	AQUA AEROBIC	20:00	20:00	20:00	20:00	AQUA PILATES	20:00
20:15	AQUA AEROBIC	20:15	20:15	20:15	20:15	AQUA PILATES	
20:30	AQUA AEROBIC	20:30	20:30	20:30	20:30	AQUA PILATES	
20:45		AQUA AEROBIC	20:45	20:45	AQUA FITNESS	20:45	
21:00	AQUA FITNESS	21:00	21:00	21:00	AQUA FITNESS	21:00	
21:15	AQUA FITNESS	21:15	21:15	21:15	21:15	21:15	
21:30	AQUA FITNESS	21:30	21:30	21:30	21:30	21:30	
21:45		21:45	21:45	21:45	21:45	21:45	
22:00		22:00	22:00	22:00	22:00	22:00	
22:30		22:30	22:30	22:30	22:30	22:30	

L-V: 7:00 - 22:30 h  
S: 9:00 - 20:00 h  
D y F: 9:00 - 14:00 h

ACTIVIDADES DIRIGIDAS 45'

LUDOTECA DE USO EXCLUSIVO PARA ABONADOS AL CENTRO



# HORARIO ACT INFANTILES

ACTIVIDADES INFANTILES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15		7:15	7:15	7:15	7:15	7:15	7:15
7:30		7:30	7:30	7:30	7:30	7:30	7:30
7:45		7:45	7:45	7:45	7:45	7:45	7:45
8:00		8:00	8:00	8:00	8:00	8:00	8:00
8:15		8:15	8:15	8:15	8:15	8:15	8:15
8:30		8:30	8:30	8:30	8:30	8:30	8:30
8:45		8:45	8:45	8:45	8:45	8:45	8:45
9:00		9:00	9:00	9:00	9:00	9:00	9:00
9:15		9:15	9:15	9:15	9:15	9:15	9:15
9:30		9:30	9:30	9:30	9:30	9:30	9:30
9:45		9:45	9:45	9:45	9:45	9:45	9:45
10:00		10:00	10:00	10:00	10:00	10:00	10:00
10:15		10:15	10:15	10:15	10:15	10:15	10:15
10:30		10:30	10:30	10:30	10:30	10:30	10:30
10:45		10:45	10:45	10:45	10:45	10:45	10:45
11:00		11:00	11:00	11:00	11:00	11:00	11:00
11:15		11:15	11:15	11:15	11:15	11:15	11:15
11:30		11:30	11:30	11:30	11:30	11:30	11:30
11:45		11:45	11:45	11:45	11:45	11:45	11:45
12:00		12:00	12:00	12:00	12:00	12:00	12:00
12:15		12:15	12:15	12:15	12:15	12:15	12:15
12:30		12:30	12:30	12:30	12:30	12:30	12:30
12:45		12:45	12:45	12:45	12:45	12:45	12:45
13:00		13:00	13:00	13:00	13:00	13:00	13:00
13:15		13:15	13:15	13:15	13:15	13:15	13:15
13:30		13:30	13:30	13:30	13:30	13:30	13:30
13:45		13:45	13:45	13:45	13:45	13:45	13:45
14:00		14:00	14:00	14:00	14:00	14:00	14:00
14:15		14:15	14:15	14:15	14:15	14:15	14:15
14:30		14:30	14:30	14:30	14:30	14:30	14:30
14:45		14:45	14:45	14:45	14:45	14:45	14:45
15:00		15:00	15:00	15:00	15:00	15:00	15:00
15:15		15:15	15:15	15:15	15:15	15:15	15:15
15:30		15:30	15:30	15:30	15:30	15:30	15:30
15:45		15:45	15:45	15:45	15:45	15:45	15:45
16:00		16:00	16:00	16:00	16:00	16:00	16:00
16:15		16:15	16:15	16:15	16:15	16:15	16:15
16:30		16:30	16:30	16:30	16:30	16:30	16:30
16:45		16:45	16:45	16:45	16:45	16:45	16:45
17:00		17:00	17:00	17:00	17:00	17:00	17:00
17:15		17:15	17:15	17:15	17:15	17:15	17:15
17:30	TONO KIDS	17:30	17:30	17:30	17:30	17:30	17:30
17:45	TONO KIDS	17:45	17:45	17:45	17:45	17:45	17:45
18:00	TONO KIDS	18:00	18:00	18:00	18:00	18:00	18:00
18:15	CARDIO KIDS	18:15	18:15	18:15	18:15	18:15	18:15
18:30	CARDIO KIDS	18:30	18:30	18:30	18:30	18:30	18:30
18:45	CARDIO KIDS	18:45	18:45	18:45	18:45	18:45	18:45
19:00		19:00	19:00	19:00	19:00	19:00	19:00
19:15		19:15	19:15	19:15	19:15	19:15	19:15
19:30		19:30	19:30	19:30	19:30	19:30	19:30
19:45		19:45	19:45	19:45	19:45	19:45	19:45
20:00		20:00	20:00	20:00	20:00	20:00	20:00
20:15		20:15	20:15	20:15	20:15	20:15	20:15
20:30		20:30	20:30	20:30	20:30	20:30	20:30
20:45		20:45	20:45	20:45	20:45	20:45	20:45
21:00		21:00	21:00	21:00	21:00	21:00	21:00
21:15		21:15	21:15	21:15	21:15	21:15	21:15
21:30		21:30	21:30	21:30	21:30	21:30	21:30
21:45		21:45	21:45	21:45	21:45	21:45	21:45
22:00		22:00	22:00	22:00	22:00	22:00	22:00
22:30		22:30	22:30	22:30	22:30	22:30	22:30

SPORT FAMILY

PILATES FAMILY

DANCE FAMILY

L-V: 7:00 - 22:30 h  
S: 9:00 - 20:00 h  
D y F: 9:00 - 14:00 h

ACTIVIDADES DIRIGIDAS 45'

LUDOTECA DE USO EXCLUSIVO PARA ABONADOS AL CENTRO

## Ludoteca: Lunes a Viernes 17:15 - 20:45h Sábados, Domingos y Festivos 9:30 - 13:30h

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
	PABELLÓN	PABELLÓN	PABELLÓN	PABELLÓN	PABELLÓN	S2 / S1	PABELLÓN	
10:30							SPORT FAMILY	10:30
10:45								10:45
11:00								11:00
12:30						PILATES FAMILY		12:30
12:45								12:45
13:00								13:00
13:15								13:15
13:30						DANCE FAMILY		13:30
13:45								13:45
17:30	TONO KIDS		CARDIO KIDS	CARDIO KIDS	CARDIO KIDS			
17:45		TONO KIDS						
18:00								18:00
18:15	CARDIO KIDS							18:15
18:30								18:30
18:45				TONO KIDS				18:45
19:00							19:00	

A las Actividades Infantiles y Familiares podrán acceder niños desde los 4 hasta los 11 años (ambos incluidos)