

HORARIO DE CLASES COLECTIVAS EN LA PISCINA CUBIERTA MUNICIPAL DE PUENTE GENIL



Horario de Clases Colectivas
Centro Deportivo Arenal Health Club

POWER			CUERPO-MENTE			MOVE			AGUA			CICLO		
LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
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	1	CIRCUITO *** 45'	9:15	2	FITBALL ** 30'	9:15	1	STRETCHING * 30'	9:15	2	FITBALL ** 30'	9:15	1	CIRCUITO *** 45'
10:00	1	PILATES ** 60'	10:00	1	YOGA ** 60'	10:00	1	PILATES	10:00	1	YOGA ** 60'	10:00	1	PILATES ** 60'
10:30	S	SPINNING *** 45'	10:00	S	SPINNING *** 45'	10:30	S	SPINNING *** 45'	10:00	S	SPINNING *** 45'	10:30	S	SPINNING *** 45'
10:45	P	MAYOR FORMA * 45'	10:30	2	MANTENIMIENTO ACTIVO * 60'	10:45	P	MAYOR FORMA * 45'	10:30	2	MANTENIMIENTO ACTIVO * 60'	10:45	P	MAYOR FORMA * 45'
11:00	1	PUMP *** 60'	10:45	P	MAYOR FORMA * 45'	11:00	1	PUMP *** 60'	10:45	P	MAYOR FORMA * 45'	11:00	1	PUMP *** 60'
11:30	2	BOX *** 30'	11:00	1	ZUMBA ** 60'	11:30	2	BOX *** 30'	11:00	1	ZUMBA ** 60'	11:30	P	AQUAZUMBA ** 45'
11:30	P	AQUAZUMBA ** 45'	11:30	2	HIIT ***** 30'	11:30	P	AQUAZUMBA ** 45'	11:30	2	HIIT ***** 30'	12:00	1	CORE *** 30'
12:00	1	CORE *** 30'	11:30	P	AQUAPILATES 30' * 30'	12:00	1	HIIT ***** 30'	11:30	P	AQUAPILATES 30' * 30'	12:30	1	ZUMBA ** 60'
12:30	1	ZUMBA ** 60'	12:00	1	COMBAT EXPRESS *** 30'	12:30	1	ZUMBA ** 60'	12:00	1	COMBAT EXPRESS *** 30'			
			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'
17:30	2	ARENAL KIDS * 30'	17:00	2	ENT. SUSPENSION *** 30'	17:30	2	ARENAL KIDS * 30'	17:00	2	ENT. SUSPENSION *** 30'			
17:30	1	FITBALL ** 30'	17:30	2	HIOPRESIVOS ** 30'	17:30	1	FITBALL ** 30'	17:30	2	HIOPRESIVOS ** 30'			
18:00	2	ARENAL KIDS * 60'	18:00	P	AQUAKIDS ** 60'	18:00	2	ARENAL KIDS * 60'	18:00	P	AQUAKIDS ** 60'	18:00	1	PILATES ** 60'
18:00	1	PUMP *** 60'	18:00	1	PILATES ** 60'	18:00	1	PUMP *** 60'	18:00	1	PILATES ** 60'	19:00	S	SPINNING VIRTUAL ** 45'
18:00	S	SPINNING VIRTUAL ** 45'	18:00	S	SPINNING VIRTUAL ** 45'	18:00	S	SPINNING VIRTUAL ** 45'	18:00	S	SPINNING VIRTUAL *** 45'	19:00	1	PUMP *** 60'
19:00	S	SPINNING *** 45'	19:00	2	ARENAL KIDS * 60'	19:00	S	SPINNING *** 45'	19:00	2	ARENAL KIDS * 60'	20:00	S	SPINNING *** 45'
19:00	1	HIIT ***** 30'	19:00	S	SPINNING *** 45'	19:00	1	HIIT ***** 30'	19:00	S	SPINNING *** 45'			
19:00	2	YOGA ** 60'	19:00	1	ZUMBA ** 60'	19:00	2	YOGA ** 60'	19:00	1	ZUMBA ** 60'			
19:30	P	AQUAGYM ** 30'	19:15	P	AQUAZUMBA ** 45'	19:30	P	AQUAGYM ** 30'	19:15	P	AQUAZUMBA ** 45'			
19:30	1	ZUMBA ** 60'	20:00	S	SPINNING *** 45'	19:30	1	ZUMBA ** 60'	20:00	S	SPINNING *** 45'			
20:00	S	SPINNING *** 45'	20:00	P	AQUAGYM ** 30'	20:00	S	SPINNING *** 45'	20:00	P	AQUAGYM ** 30'			
20:00	P	AQUAFITNESS ** 30'	20:00	1	COMBAT *** 60'	20:00	P	AQUAFITNESS ** 30'	20:00	1	COMBAT *** 60'			
20:30	1	PILATES ** 60'	21:00	1	PUMP *** 60'	20:30	1	PILATES ** 60'	21:00	1	PUMP *** 60'			
21:00	S	SPINNING VIRTUAL ** 45'	21:15	2	ZUMBA ** 60'	21:00	S	SPINNING VIRTUAL ** 45'	21:15	2	ZUMBA ** 60'			
21:00	2	BOX *** 30'	21:15	S	SPINNING *** 45'	21:00	2	BOX *** 30'	21:15	S	SPINNING *** 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.

ESPACIO		
1	SALA 1	
2	SALA 2	
S	SALA SPINNING	
P	PISCINA	
INTENSIDAD		
BASIC		*
ACTIVE		**
SPORT		***
EXTREME		****