



HORARIO DE ACTIVIDADES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:15	CYCLING · 50'	CYCLING · 50'	TOTAL TRAINING · 30'	CYCLING · 50'	ZUMBA · 50'			7:15
8:30		TRX · 30'		TOTAL TRAINING · 30'				8:30
9:00	CORE TRAINING · 30'				CORE TRAINING · 30'			9:00
9:30	ZUMBA · 50'	BODY PUMP · 50'	ZUMBA · 50'	TONO GLOBAL · 50'	GAP · 50'	PILATES · 50'	ZUMBA · 50'	9:30
	CYCLING · 50'		CYCLING · 50'		CYCLING · 50'			
		CORE TRAINING · 30'	TOTAL TRAINING · 30'	FULL YOGA · 85'	TOTAL TRAINING · 30'			
10:00			CORE TRAINING · 30'			TOTAL TRAINING · 30'	TOTAL TRAINING · 30'	10:00
						AQUAFITNESS · 45'		
10:30	PILATES · 50'	TONO GLOBAL · 50'	CORR. POSTURAL · 50'	FULL DANCE · 50'	PILATES · 50'	BODY PUMP · 50'	BODY PUMP · 50'	10:30
		FULL YOGA · 85'		CYCLING · 50'				
	TOTAL TRAINING · 30'	AQUAFITNESS · 45'	AQUAFITNESS · 45'	AQUAFITNESS · 45'	TRX · 30'			
					AQUAFITNESS · 45'			
11:00						FULL YOGA · 85'		11:00
11:30	K-STRETCH · 50'		K-STRETCH · 50'		K-STRETCH · 50'	ZUMBA · 50'		11:30
	BODY PUMP · 50'			CORR. POSTURAL · 50'		CYCLING · 50'	CYCLING · 50'	
12:00		K-STRETCH · 50'						12:00
12:30						K-STRETCH · 50'		12:30
13:30	CYCLING · 50'	BODY PUMP · 50'		BODY PUMP · 50'	TOTAL TRAINING · 30'			13:30
	TOTAL TRAINING · 30'		TOTAL TRAINING · 30'					
14:00			TRX · 30'		CORE TRAINING · 30'			14:00
14:30	CYCLING · 50'	PILATES · 50'	CYCLING · 50'	CYCLING · 50'	K-STRETCH · 50'			14:30
	CORE TRAINING · 30'	TOTAL TRAINING · 30'		TOTAL TRAINING · 30'				
	BODY PUMP EXPRESS		CORR. POSTURAL · 50'					
15:30	PILATES · 50'		TOTAL TRAINING · 30'	K-STRETCH · 50'	BODY PUMP · 50'			15:30
16:30								16:30
17:00					SISTEMA ABE · 30'			17:00
17:30	GAP · 50'	SISTEMA ABE · 50'	BODY PUMP · 50'	CORR. POSTURAL · 50'	ZUMBA · 50'			17:30
	CYCLING · 50'	CYCLING · 50'	CYCLING · 50'	CYCLING · 50'	CYCLING · 50'			
		YOGA · 50'		YOGA · 50'	FULL YOGA · 85'			
	TOTAL TRAINING · 30'		TRX · 30'		TOTAL TRAINING · 30'	CORE TRAINING · 20'		
18:00	CORE TRAINING · 20'	TOTAL TRAINING · 30'	CORE TRAINING · 20'	TRX · 30'	CORE TRAINING · 20'			18:00
18:30	BODY PUMP · 50'	PILATES · 50'	FULL DANCE · 50'	SISTEMA ABE · 50'	PILATES · 50'			18:30
	CYCLING · 50'	CYCLING · 50'	CYCLING · 50'	CYCLING · 50'	CYCLING · 50'	CYCLING · 50'		
	FULL YOGA · 85'		K-STRETCH · 50'	TOTAL TRAINING · 30'	TRX · 30'			
19:30	PILATES · 50'	ZUMBA · 50'	PILATES · 50'	ZUMBA · 50'	BODY PUMP · 50'			19:30
	CYCLING · 50'	CYCLING · 50'	CYCLING · 50'	CYCLING · 50'				
		K-STRETCH · 50'	FULL YOGA · 85'	K-STRETCH · 50'				
	TOTAL TRAINING · 30'				TOTAL TRAINING · 30'	TOTAL TRAINING · 30'		
19:45			AQUAFITNESS · 45'	AQUAFITNESS · 45'				19:45
20:30	TONO GLOBAL · 50'	BODY PUMP · 50'	ZUMBA · 50'	PILATES · 50'				20:30
	AQUAFITNESS · 45'	TOTAL TRAINING · 30'	TRX · 30'					

LAS ACTIVIDADES QUE TIENEN UN * NO ENTRAN EN LA CUOTA MENSUAL (PARA MÁS INFORMACIÓN DIRÍJASE A RECEPCIÓN)

Laborables: 7 a 22 horas / Sábado: 9 a 21 horas / Domingo: 9 a 13 horas. / Domingos Agosto cerrados

El horario podrá ser modificado según las necesidades del centro.

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