

FITNESS CEB



HORARIO DE CLASES COLECTIVAS 2023/2024

| Hora/sala | LUNES | | | | | MARTES | | | | | MIERCOLES | | | | |
|-------------|-------------------------|----------------------|-------|-------------------------|------------------|-----------------------------|------------------|---------------------------|----------------------------|-----------------------|-----------|----------------|-------|-------------------------|-----------------------------|
| | FITNESS | SALA 1 | CICLO | TATAMI | GIMNASIO ANTIGUO | BOXEO | SALA 1 | CICLO | TATAMI | GIMNASIO ANTIGUO | FITNESS | SALA 1 | CICLO | TATAMI | GIMNASIO ANTIGUO |
| 10,00-11,00 | | | | | | | | | | | | | | | |
| 11,00-12,00 | | | | | | | TOTAL TRAINING | | | | | | | | |
| 12,00-13,00 | | PILATES | | | | | | | | | | PILATES | | | |
| 13,00-14,00 | GAP 20' | | | | | | | | | | | | | | |
| 14,00-15,00 | | KETTLEBELL 30' | | | | | STRETCH 30' | | | | | FUNCIONAL 30' | | | |
| 15,00-16,00 | CERRADO | | | | | | | | | | | | | | |
| 16,00-17,00 | | | | | | | | | | | | | | | |
| 17,00-18,00 | | | | GYMNASICS 17:30 a 18:30 | | | | | GYMNASICS 17:30 a 18:30 | | | | | GYMNASICS 17:30 a 18:30 | |
| 18,00-19,00 | | KARATE 18:00 - 21:00 | | | | | HIPOPRESIVOS 45' | | TELAS AEREAS 18,30 a 20:00 | ESGRIMA 18:00 - 20:00 | | | | | |
| 19,00-20,00 | CORE 30' | | | | | GLOBAL TRAINING 19:30-20:30 | | ZUMBA DANCE 19,00 a 19,50 | | | | KETTLEBELL 30' | | | GLOBAL TRAINING 19:30-20:30 |
| 20,00-21,00 | | | | | | | | PILATES 20:00 a 21:00 | | | | | | | |
| 21,00-22,00 | ABDOM 20' 21,00 a 21,20 | | | | | | | | | | | ABD 20' | | | |

| Hora/sala | JUEVES | | | | | VIERNES | | | | | |
|-------------|---------|---------------------------------|---------------------|---------------------------|-------------|-----------------------|----------------------|----------------------------|-------|---------------------|-----------------------------|
| | FITNESS | SALA 1 | CICLO | TATAMI | BOXEO | GIMNASIO ANTIGUO | FITNESS | SALA 1 | CICLO | TATAMI | GIMNASIO ANTIGUO |
| 10,00-11,00 | | | | | | | | | | | |
| 11,00-12,00 | | | | | | | | HIPOPRESIVOS 11:00 a 11:45 | | | ZUMBA DANCE 11:45 a 12:45 |
| 12,00-13,00 | | TOTAL TRAINING | | | | | | | | | |
| 13,00-14,00 | | | | | | | | | | | |
| 14,00-15,00 | | STRETCH 30' | | | | | | GAP 30' | | | |
| 15,00-16,00 | CERRADO | | | | | | | | | | |
| 16,00-17,00 | | | | | | | | | | | |
| 17,00-18,00 | | | | GYMNASICS 17:30 a 18:30 | | | | | | | |
| 18,00-19,00 | | MOVILIDAD 18:00-18:30 | | CIRCO / ARO 18,30 a 19:30 | | ESGRIMA 18:00 - 20:00 | | CICLO 18,00 a 18,50 | | | YOGA DINAMICO 18,30 a 20,00 |
| 19,00-20,00 | | CIRCUITO METABOLICO 18:30-19:00 | CICLO 19,00 a 19,50 | | KICK BOXING | | KARATE 18:00 - 21:00 | | | CORE 19:00-19:30 | |
| 20,00-21,00 | | PILATES 20:00 a 21:00 | | | BOXEO | | | | | STRETCH 19:30-20:00 | |
| 21,00-22,00 | | | | | | | | | | | |

| NIVEL DE INTENSIDAD | |
|---------------------|---------------------|
| ■ | SUAVE |
| ■ | NORMAL |
| ■ | ALTA |
| ■ | COREOGRAFIADO |
| ESCUELAS DE PAGO | |
| CIRCO | A partir de 4 años |
| ARO AÉREO | A partir de 8 años |
| TELAS AEREAS | A partir de 4 años |
| BOXEO | A partir de 12 años |
| KICK BOXING | A partir de 12 años |
| HATHA YOGA | |
| YOGA INTEGRAL | |

| Hora/sala | SABADO | | | | | DOMINGO | | | | | | | |
|-------------|---------|-----------------------------|---------------------|----------------------------|---------------------|---------|---------|-----------------------|---------------------|------------------|-----------------------------|-------|------------|
| | FITNESS | SALA 1 | CICLO | TATAMI | GIMNASIO ANTIGUO | BOXEO | FITNESS | SALA 1 | CICLO | TATAMI | GIMNASIO ANTIGUO | BOXEO | AUDITORIO |
| 10,30-11,00 | | | | | | | | | | | | | |
| 11,00-12,00 | | PILATES | | | | | | PILATES | | | | | |
| 12,00-13,00 | | KARATE 12:00 - 14:00 | CICLO 12,00 a 12,50 | | | | | KARATE 12:00 - 15:00 | CICLO 12,00 a 12,50 | JUDO 12:30-14:00 | | BOXEO | HATHA YOGA |
| 13,00-14,00 | | | | HIPOPRESIVOS 45' | ESGRIMA 12:00-15:00 | | | TRX 13,10 a 13,40 | | | YOGA DINAMICO 13:10 a 14:10 | | |
| 14,00-15,00 | | | | | | | | GAP 20' 13,40 a 14,00 | | | | | |
| 15,00-16,30 | CERRADO | | | | | | CERRADO | | | | | | |
| 17,00-18,00 | | BALANCE | | TELAS AEREAS 17:00 a 18:00 | BAILE 16:00 - 19:30 | | | PILATES | | | | | |
| 18,00-19,00 | | ZUMBA DANCE | | | | | | | | | | | |
| 19,00-20,00 | | FUNCIONAL 30' 19,00 a 19,30 | | | | | | | | | | | |
| 20,00-21,00 | | | | | | | | | | | | | |
| CERRADO | | | | | | | | | | | | | |

NOTAS:
 * Las clases de GAP, ABD y STRETCH son de 20'
 * Las clases de ciclo serán de una duración de 50'
 * **Mínimo de 3 alumnos para realizar las clases**
 * Clases de zumba a partir de 16 años

*Horario sujeto a posibles cambios según demanda.
 Clases colectivas incluidas con la Tarifa "Fitness todo incluido"