



espacio deportivo
piscina cartagena
ayto cartagena

HORARIO COLECTIVAS

LES MILLS



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 sc	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	TOTAL TRAINING s1	8:30		8:30		8:30	ACTÍVATE s1	8:30		8:30		8:30	
8:45		8:45		8:45		8:45		8:45		8:45		8:45	
9:00		9:00	PILATES s2 AQUAFITNESS p	9:00	ZUMBA s1	9:00	AQUAEROBIC p	9:00	AQUAEROBIC p	9:00		9:00	
9:15		9:15	LES MILLS DANCE s1	9:15		9:15	BODY BALANCE s2	9:15	YOGA s2	9:15		9:15	CROSS TRAINING sf
9:30	ACTÍVATE s1 CORE sf	9:30		9:30	CROSS TRAINING sf	9:30	BODY COMBAT s1	9:30	BODY ATTACK s1	9:30	BODY PUMP s1	9:30	PILATES s2
9:45		9:45	CICLO INDOOR sc	9:45	SALUD s2	9:45	CICLO INDOOR sc	9:45	CICLO INDOOR sc	9:45		9:45	
10:00	PILATES s2	10:00		10:00	CICLO INDOOR sc	10:00		10:00		10:00	SALUD s2	10:00	
10:15	CICLO INDOOR sc	10:15	ACTÍVATE s1	10:15		10:15		10:15		10:15		10:15	BODY PUMP s1
10:30	AQUAFITNESS p	10:30	YOGA s2 AQUAEROBIC p	10:30	TOTAL TRAINING s1	10:30	PILATES s2 LES MILLS DANCE s1 AQUAFITNESS p	10:30	ZUMBA s1 AQUAEROBIC p	10:30	ZUMBA s1	10:30	SPORT FAMILY pa
10:45	BODY PUMP s1	10:45	HIIT sf	10:45	AQUAPILATES p	10:45	CLUB RUNNING ext	10:45	PILATES s2	10:45		10:45	
11:00	BODY BALANCE s2	11:00		11:00	STRETCHING s2	11:00		11:00		11:00	BODY ATTACK s2	11:00	
11:15		11:15	BODY COMBAT s1 CORE sf	11:15		11:15		11:15	AQUAFITNESS p	11:15		11:15	ACTÍVATE s1
11:30	AQUAPILATES p	11:30	PILATES s2	11:30	BODY PUMP s1 AQUAEROBIC p	11:30	PILATES s2	11:30	CROSS TRAINING sf	11:30	TOTAL TRAINING s1	11:30	CICLO INDOOR sc
11:45		11:45		11:45	PILATES s2	11:45	TOTAL TRAINING s1	11:45	BODY PUMP s1	11:45		11:45	
12:00	ZUMBA s1 STRETCHING s2	12:00		12:00		12:00		12:00		12:00	CICLO INDOOR sc	12:00	
12:15		12:15		12:15		12:15	HIIT sf	12:15		12:15		12:15	GAP s1
12:30		12:30		12:30	CICLO INDOOR sc	12:30		12:30	STRETCHING 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	CORE sf	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	CROSS TRAINING sf	14:30	TOTAL TRAINING s1	14:30		14:30	CICLO INDOOR sc	14:30		14:30		14:30	
14:45		14:45		14:45		14:45		14:45		14:45		14:45	
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 sf	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	TOTAL TRAINING s1 CORE sf	17:00		17:00	
17:15		17:15	ACTÍVATE s1	17:15		17:15	CROSS TRAINING sf	17:15		17:15		17:15	
17:30	TONO KIDS pa	17:30	CICLO INDOOR sc	17:30	BODY PUMP s1 CARDIO KIDS pa	17:30	CARDIO KIDS pa	17:30	CARDIO KIDS pa	17:30	FUNCIONAL sf	17:30	
17:45	BODY BALANCE s2	17:45	TONO KIDS pa	17:45		17:45		17:45	YOGA s2	17:45		17:45	
18:00	LES MILLS DANCE s1	18:00		18:00	FUNCIONAL sf	18:00	PILATES s2	18:00	LES MILLS DANCE s1	18:00		18:00	
18:15	C. INDOOR sc CARDIO KIDS pa	18:15	TOTAL TRAINING s1	18:15	ACTÍVATE s2	18:15	BODY ATTACK s1	18:15		18:15		18:15	
18:30		18:30	CORE sf	18:30	ZUMBA s1 TONO KIDS pa	18:30	CICLO INDOOR sc	18:30	CICLO INDOOR sc	18:30	CICLO INDOOR sc	18:30	
18:45		18:45		18:45		18:45		18:45	PILATES s2	18:45		18:45	
19:00	BODY PUMP s1 C. SWIMMING p	19:00	STRETCHING s2	19:00	CICLO INDOOR sc	19:00	BODY BALANCE s2	19:00	BODY COMBAT s1	19:00		19:00	
19:15	SALUD s2 CICLO INDOOR sc	19:15	BODY PUMP s1	19:15	PILATES s2	19:15	BODY PUMP s1	19:15		19:15		19:15	
19:30		19:30	HIIT sf	19:30	BODY COMBAT s1	19:30	CLUB RUNNING ext	19:30	HIIT sf	19:30		19:30	
19:45		19:45	SALUD s2	19:45		19:45		19:45	AQUA PILATES p	19:45		19:45	
20:00	BODY ATTACK s1 AQUAEROBIC	20:00		20:00	CICLO INDOOR sc AQUAFITNESS p	20:00	CICLO INDOOR sc	20:00		20:00		20:00	
20:15	PILATES s2 HIIT sf	20:15	ZUMBA s1	20:15	LES MILLS DANCE s2	20:15	ZUMBA s1 AQUAFITNESS p	20:15	BODY PUMP s1	20:15		20:15	
20:30		20:30	AQUAEROBIC p	20:30	GAP s1	20:30		20:30		20:30		20:30	
20:45		20:45	YOGA s2	20:45		20:45		20:45		20:45		20:45	
21:00	AQUAFITNESS p	21:00		21:00	HIIT sf AQUAEROBIC p	21:00	C. SWIMMING p	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	

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

ACTIVIDADES
DIRIGIDAS 45'

LUDETECA
DE USO EXCLUSIVO
PARA ABONADOS
AL CENTRO