

PROGRAMA CLASES COLECTIVAS FEBRERO

LUNES

| INICIO | FIN | CLASE | PROFESOR | SALA |
|--------|-------|---------------------------|----------|------|
| 7:10 | 7:55 | PUMP | ROBERTO | 2 |
| 7:15 | 8:00 | CICLO INDOOR | ÓSCAR | 1 |
| 7:25 | 7:55 | NATACIÓN NIVEL INICIACIÓN | FELICIA | P |
| 8:00 | 8:30 | NATACIÓN NIVEL INTERMEDIO | FELICIA | P |
| 8:00 | 8:15 | CORE TRAINING | RAÚL | F |
| 8:00 | 8:45 | FITNESS | ROBERTO | 2 |
| 10:00 | 10:45 | OMNIA TRAINING | LUIS | F |
| 12:50 | 13:20 | VIRTUAL CICLO INDOOR | | 1 |
| 13:20 | 14:05 | PILATES MAT WORK | PAOLA Z. | 3 |
| 13:25 | 14:10 | HIIT | EDU | H |
| 13:25 | 14:10 | GLOBAL TRAINING | PACO | 2 |
| 13:30 | 14:15 | CICLO INDOOR | ÓSCAR | 1 |
| 13:25 | 13:55 | NATACIÓN NIVEL INTERMEDIO | JOSÉ | P |
| 13:45 | 14:15 | OMNIA TRAINING | LUIS | F |
| 14:10 | 15:10 | PILATES MAT WORK | PAOLA Z. | 3 |
| 13:55 | 14:40 | NATACIÓN NIVEL AVANZADO | JOSÉ | P |
| 14:15 | 15:00 | HYBRID EXTREME | FERNANDO | H |
| 14:15 | 15:00 | RUNNING TRAINING | PACO | OUT |
| 14:15 | 14:45 | GAP | HUGO | 2 |
| 14:20 | 15:05 | CICLO INDOOR | EDU | 1 |
| 14:50 | 15:20 | ZUMBA | HUGO | 2 |
| 18:20 | 18:50 | AQUAHIIT | BARBARA | P |
| 18:30 | 19:30 | YOGA | VIRGINIA | 3 |
| 18:45 | 19:20 | VIRTUAL CICLO INDOOR | | 1 |
| 18:50 | 19:35 | FITNESS | FERNANDO | 2 |
| 19:30 | 20:15 | CICLO INDOOR | ANDRÉS | 1 |
| 19:30 | 20:30 | PILATES MAT WORK | PACO | 3 |
| 19:40 | 20:25 | PUMP | FERNANDO | 2 |

MIÉRCOLES

| INICIO | FIN | CLASE | PROFESOR | SALA |
|--------|-------|---------------------------|-----------|------|
| 7:10 | 7:55 | GLOBAL TRAINING | FERNANDO | 2 |
| 7:15 | 8:00 | CICLO INDOOR | LUIS | 1 |
| 7:20 | 8:20 | YOGA | VIRGINIA | 3 |
| 7:25 | 7:55 | NATACIÓN NIVEL INICIACIÓN | FELICIA | P |
| 8:00 | 8:30 | NATACIÓN NIVEL INTERMEDIO | FELICIA | P |
| 8:00 | 8:15 | CORE TRAINING | ROBERTO | F |
| 10:00 | 10:45 | OMNIA TRAINING | LUIS | F |
| 12:50 | 13:20 | VIRTUAL CICLO INDOOR | | 1 |
| 13:20 | 14:05 | PILATES MAT WORK | PAOLA Z. | 3 |
| 13:25 | 14:10 | HIIT | EDU | H |
| 13:25 | 14:10 | GLOBAL TRAINING | PACO | 2 |
| 13:30 | 14:15 | CICLO INDOOR | ÓSCAR | 1 |
| 13:30 | 14:00 | NATACIÓN NIVEL INTERMEDIO | JOSÉ | P |
| 13:45 | 14:15 | OMNIA TRAINING | ALEJANDRO | F |
| 14:10 | 15:10 | PILATES MAT WORK | PAOLA Z. | 3 |
| 14:15 | 15:00 | NATACIÓN NIVEL AVANZADO | JOSÉ | P |
| 14:15 | 15:00 | RUNNING TRAINING | PACO | OUT |
| 14:15 | 14:30 | STRETCHING | ALEJANDRO | F |
| 14:15 | 14:45 | GAP | HUGO | 2 |
| 14:20 | 15:05 | CICLO INDOOR | FERNANDO | 1 |
| 14:50 | 15:20 | ZUMBA | HUGO | 2 |
| 18:20 | 18:50 | AQUAHIIT | BÁRBARA | P |
| 18:25 | 19:10 | ZUMBA | RAÚL | 2 |
| 18:30 | 19:30 | YOGA | VIRGINIA | 3 |
| 18:45 | 19:20 | VIRTUAL CICLO INDOOR | | 1 |
| 19:15 | 20:15 | FITNESS | MARCO | 2 |
| 19:30 | 20:15 | CICLO INDOOR | ANDRÉS | 1 |

VIERNES

| INICIO | FIN | CLASE | PROFESOR | SALA |
|--------|-------|---------------------------|-----------|------|
| 7:10 | 07:40 | OMNIA TRAINING | ALEJANDRO | F |
| 7:10 | 7:55 | CICLO INDOOR | LUIS | 1 |
| 7:15 | 8:15 | YOGA | VIRGINIA | 3 |
| 7:15 | 7:45 | NATACIÓN NIVEL INICIACIÓN | MARÍA | P |
| 7:50 | 8:20 | NATACIÓN NIVEL INTERMEDIO | MARÍA | P |
| 8:00 | 8:45 | PUMP | LUIS | 2 |
| 8:10 | 8:40 | VIRTUAL CICLO INDOOR | | 1 |
| 13:20 | 14:05 | FITNESS | ÓSCAR | 2 |
| 13:30 | 14:00 | NATACIÓN NIVEL INICIACIÓN | MARCO | P |
| 13:30 | 14:30 | PILATES MAT WORK | BÁRBARA | 3 |
| 13:45 | 14:30 | CICLO INDOOR | EDU | 1 |
| 14:05 | 14:50 | NATACIÓN NIVEL AVANZADO | MARCO | P |
| 14:10 | 14:55 | PUMP | ÓSCAR | 2 |
| 18:20 | 18:50 | NATACIÓN NIVEL INTERMEDIO | ANDRÉS | P |
| 19:30 | 20:00 | AQUAHIIT | ANDRÉS | P |

MARTES

| INICIO | FIN | CLASE | PROFESOR | SALA |
|--------|-------|---------------------------|------------|------|
| 7:10 | 7:55 | FITNESS | ROBERTO | 2 |
| 7:15 | 8:00 | NATACIÓN NIVEL AVANZADO | MARÍA | P |
| 7:15 | 8:00 | CICLO INDOOR | FERNANDO | 1 |
| 8:00 | 8:30 | OMNIA TRAINING | ROBERTO | F |
| 8:00 | 8:30 | NATACIÓN NIVEL INTERMEDIO | MARÍA | P |
| 8:10 | 8:40 | VIRTUAL CICLO INDOOR | | 1 |
| 13:20 | 14:20 | YOGA | VIRGINIA | 3 |
| 13:30 | 14:00 | NATACIÓN NIVEL INTERMEDIO | ALEJANDRO | P |
| 13:30 | 14:15 | HIIT INICIACIÓN | HUGO | H |
| 14:00 | 14:15 | TÁBATA | ROBERTO | F |
| 13:45 | 14:45 | CICLO INDOOR | PACO | 1 |
| 13:50 | 14:35 | FITNESS | RAÚL | 2 |
| 14:00 | 15:00 | CLUB CORREDORES | JAVIER LU. | OUT |
| 14:05 | 14:50 | NATACIÓN NIVEL AVANZADO | ALEJANDRO | P |
| 14:20 | 15:05 | FITBOX | HUGO | H |
| 14:25 | 15:10 | YOGA | JAVIER MO. | 3 |
| 14:30 | 14:45 | CORE TRAINING | JORGE | F |
| 14:40 | 15:25 | PUMP | RAÚL | 2 |
| 18:00 | 19:00 | PILATES MAT WORK | JAVIER LU. | 2 |
| 18:30 | 19:00 | OMNIA | ÓSCAR | F |
| 18:45 | 19:30 | NATACIÓN NIVEL INTERMEDIO | PAULA | P |
| 19:00 | 19:45 | CICLO INDOOR | PACO | 1 |
| 19:10 | 19:55 | GLOBAL TRAINING | ÓSCAR | 2 |

JUEVES

| INICIO | FIN | CLASE | PROFESOR | SALA |
|--------|-------|---------------------------|------------|------|
| 7:10 | 7:55 | FITNESS | ALEJANDRO | 2 |
| 7:10 | 8:10 | PILATES MAT WORK | LUIS | 3 |
| 7:15 | 8:00 | NATACIÓN NIVEL AVANZADO | MARÍA | P |
| 7:15 | 8:00 | CICLO INDOOR | FERNANDO | 1 |
| 8:00 | 8:30 | NATACIÓN NIVEL INTERMEDIO | MARÍA | P |
| 8:10 | 8:40 | VIRTUAL CICLO INDOOR | | 1 |
| 13:20 | 14:20 | YOGA | VIRGINIA | 3 |
| 13:30 | 14:00 | NATACIÓN NIVEL INTERMEDIO | ALEJANDRO | P |
| 13:30 | 14:15 | HYBRID EXTREM | HUGO | H |
| 13:45 | 14:45 | CICLO INDOOR | PACO | 1 |
| 13:50 | 14:35 | GAP | RAÚL | 2 |
| 14:00 | 15:00 | CLUB CORREDORES | JAVIER LU. | OUT |
| 14:05 | 14:50 | NATACIÓN NIVEL AVANZADO | ALEJANDRO | P |
| 14:20 | 15:05 | FITBOX | HUGO | H |
| 14:25 | 15:10 | YOGA | JAVIER MO. | 3 |
| 14:30 | 14:45 | CORE TRAINING | JORGE | F |
| 14:40 | 15:25 | PUMP | RAÚL | 2 |
| 18:00 | 19:00 | PILATES MAT WORK | FERNANDO | 3 |
| 18:20 | 19:05 | HIIT | ÓSCAR | H |
| 18:45 | 19:30 | NATACIÓN NIVEL INTERMEDIO | PAULA | P |
| 19:00 | 19:45 | CICLO INDOOR | PACO | 1 |
| 19:10 | 19:55 | PUMP | ÓSCAR | 2 |

SÁBADO

| INICIO | FIN | CLASE | PROFESOR | SALA |
|--------|-------|-------------------------------------|----------|------|
| 10:30 | 11:15 | PUMP | ROBERTO | 2 |
| 10:35 | 11:05 | NATACIÓN NIVEL INTERMEDIO | ANDRÉS | P |
| 11:20 | 12:00 | VIRTUAL CICLO INDOOR | | 1 |
| 11:25 | 12:10 | FITNESS PARA NIÑOS (DE 6 A 16 AÑOS) | ROBERTO | 2 |
| 12:20 | 13:05 | CICLO INDOOR | ROBERTO | 1 |

DOMINGO

| INICIO | FIN | CLASE | PROFESOR | SALA |
|--------|-------|---------------------------------|----------|------|
| 10:20 | 10:50 | NATACIÓN NIVEL INICIACIÓN | RAÚL | P |
| 11:00 | 11:45 | CICLO INDOOR | FERNANDO | 1 |
| 12:00 | 12:45 | FITNESS | FERNANDO | 2 |
| 13:00 | 14:00 | ruta virtual LAGOS DE COVADONGA | | 1 |