

ACTIVIDADES DIRIGIDAS

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SÁBADO		
7:40	C	PDB FUNCIONAL	8:00	SOLÁRIUM	PDB CROSS	7:40	C	PDB FUNCIONAL	8:00	SOLÁRIUM	PDB CROSS	8:00	SOLÁRIUM	PDB CROSS	9:10	B	PDB BIKE
8:00	SOLÁRIUM	PDB CROSS		A	PDB GAP	8:00	SOLÁRIUM	PDB CROSS		A	PDB SCULPING	8:30	B	PDB BIKE VIRTUAL	10:10	A	PDB PUMP
	B	PDB BIKE VIRTUAL	8:30	B	PDB BIKE VIRTUAL		B	PDB BIKE VIRTUAL	8:30	B	PDB BIKE VIRTUAL		C	PDB FUNCIONAL		C	PDB ZUMBA
8:30	C	PDB FUNCIONAL		C	PDB FUNCIONAL	8:30	C	PDB FUNCIONAL		C	PDB FUNCIONAL	9:00	A	PDB YOGA	11:10	A	PDB TONO
	TORO	PDB SCULPING	9:00	SOLÁRIUM	PDB CROSS		TORO	PDB TONO	9:00	SOLÁRIUM	PDB CROSS	9:10	PISCINA	PDB AQUAGYM		B	PDB BIKE
9:00	A	PDB YOGA	9:10	PISCINA	PDB AQUAGYM	9:00	A	PDB YOGA	9:10	PISCINA	PDB AQUAGYM		SOLÁRIUM	PDB CROSS	12:10	B	PDB BIKE VIRTUAL
	PISCINA	PDB AQUAGYM		A	PDB BALANCE	9:10	PISCINA	PDB AQUAGYM		A	PDB BALANCE	9:30	B	PDB BIKE		C	PDB FIT BOXING
	TORO	PDB SCULPING	9:30	B	PDB BIKE		TORO	PDB TONO	9:30	B	PDB BIKE		C	PDB ZUMBA	18:00	B	PDB BIKE VIRTUAL
	SOLÁRIUM	PDB CROSS		C	PDB TRX/CORE	9:30	C	PDB ZUMBA		C	PDB TRX/CORE		TORO	PDB GAP			
	B	PDB BIKE		TORO	PDB CIRCUIT TRAINING		SOLÁRIUM	PDB CROSS		TORO	PDB CIRCUIT TRAINING		SOLÁRIUM	PDB FUNCIONAL			
	C	PDB ZUMBA	10:00	SOLÁRIUM	PDB CROSS		B	PDB BIKE	10:00	SOLÁRIUM	PDB CROSS	10:30	A	PDB GAP			
	SOLÁRIUM	PDB FUNCIONAL		A	PDB GAP		SOLÁRIUM	PDB FUNCIONAL		A	PDB SCULPING		B	PDB BIKE VIRTUAL			
10:30	A	PDB SCULPING	10:30	B	PDB BIKE VIRTUAL	10:30	A	PDB TONO	10:30	B	PDB BIKE VIRTUAL		C	PDB PILATES			
	B	PDB BIKE		C	PDB FIT BOXING		C	PDB COMBAT		C	PDB FIT BOXING	11:30	A	PDB PILATES	9:30	SOLÁRIUM	PDB FUNCIONAL
	C	PDB COMBAT		TORO	PDB PILATES		B	PDB BIKE		TORO	PDB PILATES		B	PDB BIKE VIRTUAL	10:30	SOLÁRIUM	PDB FUNCIONAL
11:00	PISCINA	PDB AQUAGYM		A	PDB PILATES	11:00	PISCINA	PDB AQUAGYM		A	PDB PILATES	14:30	B	PDB BIKE	11:30	B	PDB BIKE
	SOLÁRIUM	PDB MOBILITY	11:30	B	PDB BIKE VIRTUAL		SOLÁRIUM	PDB MOBILITY	11:30	B	PDB BIKE VIRTUAL		SOLÁRIUM	PDB FUNCIONAL	12:30	B	PDB BIKE VIRTUAL
11:30	A	PDB PILATES		C	PDB SEVILLANAS	11:30	A	PDB PILATES		C	PDB SEVILLANAS	17:00	C	PDB ZUMBA			
	B	PDB BIKE VIRTUAL	12:30	A	PDB PILATES		B	PDB BIKE VIRTUAL	12:30	A	PDB PILATES		SOLÁRIUM	PDB METABÓLICO			
	C	PDB FLAMENCO FIT		C	PDB SEVILLANAS INI		C	PDB FLAMENCO FIT	12:30	C	PDB SEVILLANAS INI	18:00	B	PDB BIKE VIRTUAL			
12:00	SOLÁRIUM	PDB GAP	14:30	B	PDB BIKE VIRTUAL	12:00	SOLÁRIUM	PDB GAP	14:30	B	PDB BIKE VIRTUAL		C	PDB ZUMBA			
12:30	A	PDB PILATES		C	PDB FUNCIONAL	12:30	A	PDB PILATES		C	PDB FUNCIONAL		SOLÁRIUM	PDB METABÓLICO			
	C	PDB CASTAÑUELAS		TORO	PDB PILATES		C	PDB CASTAÑUELAS		TORO	PDB PILATES	19:00	A	PDB PILATES			
13:00	C	PDB SEVILLANAS	17:00	SOLÁRIUM	PDB FUNCIONAL	14:30	C	PDB FUNCIONAL	17:00	SOLÁRIUM	PDB FUNCIONAL		B	PDB BIKE			
14:30	B	PDB BIKE		A	PDB GLUTEOS	17:00	A	PDB PUMP		A	PDB GLUTEOS		C	PDB COMBAT			
	A	PDB PUMP	17:30	A	PDB MOBILITY		C	PDB TRX/CORE		C	PDB PUMP		SOLÁRIUM	PDB CROSS			
	C	PDB TRX/CORE	17:00	C	PDB PUMP		SOLÁRIUM	PDB FUNCIONAL	17:30	A	PDB MOBILITY		A	PDB PUMP			
	SOLÁRIUM	PDB FUNCIONAL		TORO	PDB TONO		A	PDB TONO		SOLÁRIUM	PDB METABÓLICO	21:00	B	PDB BIKE VIRTUAL			
18:00	A	PDB TONO		SOLÁRIUM	PDB METABÓLICO	18:00	B	PDB BIKE		A	PDB PILATES						
	B	PDB BIKE	18:00	A	PDB PILATES		C	PDB ZUMBA	18:00	B	PDB BIKE VIRTUAL						
	C	PDB ZUMBA		B	PDB BIKE VIRTUAL		SOLÁRIUM	PDB METABÓLICO		C	PDB FIT BOXING						
	SOLÁRIUM	PDB METABÓLICO		C	PDB FIT BOXING	19:00	A	PDB BALANCE		TORO	PDB GAP						
19:00	A	PDB BALANCE		SOLÁRIUM	PDB FUNCIONAL		B	PDB BIKE		SOLÁRIUM	PDB FUNCIONAL						
	B	PDB BIKE	19:00	A	PDB TONO		C	PDB GAP		A	PDB TONO						
	C	PDB GAP		B	PDB BIKE		SOLÁRIUM	PDB CROSS	19:00	B	PDB BIKE						
	SOLÁRIUM	PDB CROSS		C	PDB PUMP		A	PDB PILATES		C	PDB PUMP						
20:00	A	PDB PILATES		SOLÁRIUM	PDB CROSS	20:00	B	PDB BIKE		SOLÁRIUM	PDB CROSS						
	B	PDB BIKE	20:00	A	PDB COMBAT		C	PDB PUMP	20:00	A	PDB COMBAT						
	C	PDB PUMP		B	PDB BIKE		PISCINA	PDB AQUAGYM		B	PDB BIKE						
	PISCINA	PDB AQUAGYM		C	PDB ZUMBA		A	PDB YOGA		C	PDB ZUMBA						
	SOLÁRIUM	PDB CROSS		SOLÁRIUM	PDB CROSS	21:00	SOLÁRIUM	PDB CROSS	21:00	SOLÁRIUM	PDB CROSS						
21:00	A	PDB YOGA	21:00	B	PDB BIKE VIRTUAL		B	PDB BIKE VIRTUAL	21:10	B	PDB BIKE VIRTUAL						
	B	PDB BIKE VIRTUAL		C	PDB LATINOS					C	PDB LATINOS						



ESCANÉAME



- INTENSIDAD MUY ALTA
- INTENSIDAD ALTA
- INTENSIDAD MEDIA
- INTENSIDAD SUAVE
- PISCINA

