

Complejo Acuático Deportivo Municipal - HispaOcio Villaviciosa

Del 9 de septiembre al 15 de diciembre

| Hora | LUNES | | | | | | MARTES | | | | | | MIÉRCOLES | | | | | |
|-------|----------------------------|---------------------------|-----------------------|-----------------------------|----------------------|---------------------|--------------------------------------|------------------------------|-----------------------|-----------------------------|------------------------|------------------|----------------------------|---------------------------|-----------------------------|-----------------------------|----------------------------|------------------|
| | S1 | S2 | S3 | S4 | P | S/F | S1 | S2 | S3 | S4 | P | S/F | S1 | S2 | S3 | S4 | P | S/F |
| 09:30 | | | CICLO ANDREA 09:30 | YOGALATES CESAR 09:30 | | | | | CICLO CESAR 09:30 | BODY BALANCE ANDREA 09:30 | | | CROSS CIRCUIT CESAR 09:30 | | CICLO ANDREA 09:30 | | | |
| 10:30 | | BODY PUMP ANDREA 10:30 | | ZUMBA YURNIA 10:30 | | ABD MIGUEL 10:30 | | BODY PUMP ANDREA 10:30 | | CARDIO FITBALL CESAR 10:30 | | ABD MIGUEL 10:30 | | YOGALATES CESAR 10:30 | | BODY JAM YURNIA 10:30 | | ABD MIGUEL 10:30 |
| 11:30 | | BODY PUMP CESAR 11:30 | | | AQUAGYM ANDREA 11:30 | | | SEVILLANAS CARLOS 11:30 | | | AQUAGYM MIGUEL 11:30 | | | | BODY BALANCE ANDREA 11:30 | AQUAGYM CESAR 11:30 | | |
| 12:30 | | | | | | | | | | | | | | | | | | |
| 15:00 | CROSS CIRCUIT MIGUEL 14:30 | TONIC STEP YURNIA 14:30 | | | | | | BODY PUMP YURNIA 14:30 | CICLO CESAR 14:30 | | | | CROSS CIRCUIT MIGUEL 14:30 | | | CARDIO FITBALL YURNIA 14:30 | | |
| 17:00 | | | | | | | | | | | | | | | | | | |
| 18:00 | | BODY PUMP CRIS 18:00 | CICLO CESAR 18:00 | | | | BAILE MODERNO 6-10 años YURNIA 17:20 | | CICLO JOSE LUIS 18:00 | BODY BALANCE ANDREA 18:00 | | | | BODY PUMP CESAR 18:00 | CICLO CRIS 18:00 | | | |
| 19:00 | | YOGALATES CRIS 19:00 | | CARDIO FITBALL YURNIA 19:00 | | ABD JOSE LUIS 19:00 | | BODY PUMP JOSE LUIS 19:00 | | ZUMBA YURNIA 19:00 | AQUAGYM CRISTIAN 19:00 | | | YOGALATES CRIS 19:00 | | HIPOPRESIVOS CESAR 19:00 | AQUAGYM JOSE LUIS 19:00 | |
| 20:00 | CROSS CIRCUIT MIGUEL 19:30 | BODY BALANCE ANDREA 20:00 | CICLO JOSE LUIS 19:30 | BODY JAM YURNIA 20:00 | | | | BODY COMBACT JOSE LUIS 20:00 | CICLO CRIS 19:30 | CARDIO FITBALL ANDREA 20:00 | | | | BODY PUMP JOSE LUIS 20:00 | CICLO CESAR 19:30 | BODY JAM YURNIA 19:30 | | |
| 21:00 | KICK BOXING SERGIO 20:30 | BODY PUMP JOSE LUIS 21:00 | CICLO CRIS 21:00 | BODY COMBACT ANDREA 21:00 | | | | BODY PUMP CRIS 21:00 | CICLO MARIA 21:00 | BODY JAM YURNIA 21:00 | | ABD CRIS 20:30 | | KICK BOXING SERGIO 20:30 | CARDIO FITBALL ANDREA 21:00 | CICLO JOSE LUIS 21:00 | SALSA BACHATA YURNIA 20:30 | |

| Hora | JUEVES | | | | | | VIERNES | | | | | | SÁBADO | | | | | |
|-------|----------------------------|---|-----------------------|------------------------------|------------------------|-----------------|---------|---------------------------|--------------------|---------------------------|----------------------------|-----|--------|----|----|----|---|--|
| | S1 | S2 | S3 | S4 | P | S/F | S1 | S2 | S3 | S4 | P | S/F | S1 | S2 | S3 | S4 | P | |
| 09:30 | | BODY PUMP YURNIA 09:30 | CICLO CESAR 09:30 | | | | | | | CICLO JOSE LUIS 09:30 | CARDIO FITBALL CESAR 09:30 | | | | | | | |
| 10:30 | | BODY PUMP CESAR 10:30 | | BODY BALANCE ANDREA 10:30 | | | | BODY PUMP JOSE LUIS 10:30 | | YOGALATES CESAR 10:30 | | | | | | | | |
| 11:30 | | | | ZUMBA ANDREA 11:30 | AQUAGYM MIGUEL 11:30 | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | | | |
| 15:00 | | BODY PUMP JOSE LUIS 14:30 | CICLO CESAR 14:30 | | | | | | | CICLO JOSE LUIS 14:30 | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | |
| 18:00 | | BAILE MODERNO Concurso..10años YURNIA 17:20 | CICLO JOSE LUIS 18:00 | YOGALATES CESAR 18:00 | | | | BODY PUMP CESAR 18:00 | CICLO ANDREA 18:00 | | | | | | | | | |
| 19:00 | | BODY PUMP JOSE LUIS 19:00 | CICLO CRIS 19:30 | ZUMBA ANDREA 19:00 | AQUAGYM CRISTIAN 19:00 | ABD CESAR 19:30 | | HIPOPRESIVOS CESAR 19:00 | | YOGALATES ANDREA 19:00 | | | | | | | | |
| 20:00 | CROSS CIRCUIT MIGUEL 20:00 | BODY BALANCE ANDREA 20:00 | CICLO CRIS 19:30 | BODY COMBACT JOSE LUIS 20:00 | | | | | CICLO CESAR 20:00 | BODY COMBACT ANDREA 20:00 | | | | | | | | |
| 21:00 | | BODY PUMP CRIS 21:00 | CICLO ANDREA 21:00 | BACHATA SALSA YURNIA 21:00 | | | | | | | | | | | | | | |

| Hora | DOMINGO | | | | |
|-------|---------|---|-------------------|-------------------------------------|---|
| | S1 | S2 | S3 | S4 | P |
| 10:00 | | BAILE MODERNO 10años YURNIA 10:00 | | | |
| 11:00 | | BAILE MODERNO Concurso..10años YURNIA 11:00 | CICLO CESAR 11:00 | FUNNY YOGA (familiar) NATALIA 11:00 | |
| 12:00 | | BODY PUMP CESAR 12:00 | | | |
| 13:00 | | YOGALATES CESAR 13:00 | | | |
| 11:00 | | | CICLO 11:00 | | |
| 12:00 | | BODY PUMP 12:00 | | | |
| 13:00 | | | | | |

CARDIO Salas: S1, S2, S3, S4: sala 1, sala 2, sala 3, sala 4 | P: Piscina aprendizaje | SF/E: sala fitness o exterior
SUAVES La duración de las clases será de 50 min, salvo ABD e Hipopresivos, que serán de 25 min. Todas las actividades quedan sujetas a cambios por parte de la dirección del centro.
TONIFICACIÓN Horario de apertura del centro:
AGUA De lunes a viernes de 8:00 a 23:00 h. Piscinas y zona termal de 8:30 a 22:30 h. Sábados de 10:00 a 17:50 h. Domingos de 10:00 a 13:50 h.

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