

HORARIO ACTIVIDADES JOSÉ GARCÉS

De lunes a viernes: de 07:00 a 23:00h

Sábados: de 09:00 a 20:00h

Domingos y festivos: de 09:00 a 14:00h

|               |                  |             |                |
|---------------|------------------|-------------|----------------|
| CORPO E MENTE | AQUÁTICAS        | TONIFICAÇÃO | CARDIOVASCULAR |
| DANÇA         | JÚNIOR Y FAMILIA | SÉNIOR      | RAQUETE        |
| ENTRENA +     | CLUB DEPORTIVO   |             |                |

| HORA  | 2ª FEIRA            | 3ª FEIRA            | 4ª FEIRA            | 5ª FEIRA            | 6ª FEIRA                | SÁBADO             | DOMINGO             | HORA  |
|-------|---------------------|---------------------|---------------------|---------------------|-------------------------|--------------------|---------------------|-------|
| 07:15 |                     | S1 BODY PUMP        | SC CICLO            | S1 BODY COMBAT      |                         |                    |                     | 07:15 |
| 07:30 | SC CICLO            |                     |                     |                     | SC CICLO                |                    |                     | 07:30 |
| 07:30 |                     |                     |                     |                     | S2 YOGA                 |                    |                     | 07:30 |
| 08:00 | PI AQUAFITNESS      |                     |                     |                     |                         |                    |                     | 08:00 |
| 08:15 |                     | ZM FUNCIONAL        | S2 ALONGAMENTOS     |                     |                         |                    |                     | 08:15 |
| 08:15 |                     | S1 OLEFIT           |                     | S1 BODY PUMP        |                         |                    |                     | 08:15 |
| 08:30 | S1 EM FORMA         |                     | S1 EM FORMA         | S2 YOGA             |                         |                    |                     | 08:30 |
| 08:45 |                     |                     | PI AQUADYNAMIC      |                     |                         |                    |                     | 08:45 |
| 08:45 |                     | S2 HIPOPRESIVOS     | S2 PILATES          | EX RUNNERS INI      | S1 FITNESS              |                    |                     | 08:45 |
| 09:00 | S2 SH'BAM           |                     |                     |                     | PI AQUAFITNESS          |                    |                     | 09:00 |
| 09:00 | PI FORUS SWIMMERS   |                     |                     |                     | S2 COSTAS SAUDÁVEIS     |                    | SC CICLO            | 09:00 |
| 09:15 |                     |                     |                     | ZM FUNCIONAL        |                         | PI AQUAFITNESS     |                     | 09:15 |
| 09:15 |                     | S1 B. ATTACK        |                     | S1 ZUMBA            |                         | SC CICLO           |                     | 09:15 |
| 09:15 |                     | SC CICLO            |                     |                     |                         |                    |                     | 09:15 |
| 09:30 |                     |                     | S1 STEP             | S2 COSTAS SAUDÁVEIS |                         |                    |                     | 09:30 |
| 09:30 | S1 BODY PUMP        |                     |                     | SC CICLO            |                         |                    |                     | 09:30 |
| 09:45 |                     |                     | S2 CROSS TRAINING   |                     |                         |                    |                     | 09:45 |
| 09:45 |                     | S2 BODY BALANCE     | SC CICLO            |                     | S1 BODY COMBAT          |                    | S1 BODY PUMP        | 09:45 |
| 10:00 |                     |                     |                     |                     | ZM ALONGAMENTOS         |                    |                     | 10:00 |
| 10:00 | S2 PILATES          | ★                   |                     |                     |                         |                    |                     | 10:00 |
| 10:00 | SC CICLO            |                     |                     |                     | S2 ZUMBA                | ★                  | S2 PILATES          | 10:00 |
| 10:15 |                     | PI AQUADYNAMIC      |                     | S1 GAP              |                         | S1 BODY PUMP       |                     | 10:15 |
| 10:15 |                     | S1 GAP              |                     |                     |                         | S2 PILATES BASIC   |                     | 10:15 |
| 10:30 | S1 BODY COMBAT      |                     | S1 SH'BAM           | S2 BODY BALANCE     |                         |                    |                     | 10:30 |
| 10:30 |                     |                     |                     | PI AQUAFITNESS      |                         |                    |                     | 10:30 |
| 10:45 |                     | S2 PILATES          | S2 YOGA             |                     | S1 BODY PUMP            | S2 OLEFIT          | S1 BODY COMBAT      | 10:45 |
| 10:45 |                     |                     | ZM FUNCIONAL        |                     | SC CICLO                |                    |                     | 10:45 |
| 11:00 | ZM FUNCIONAL        |                     |                     |                     |                         |                    | S2 SH'BAM           | 11:00 |
| 11:00 | S2 COSTAS SAUDÁVEIS |                     |                     |                     | S2 BODY BALANCE         |                    |                     | 11:00 |
| 11:15 |                     | SC FORUS BIKERS     |                     |                     |                         | S1 COMBAT BASIC    |                     | 11:15 |
| 11:15 |                     | S1 ZUMBA            | ★                   | S1 DANCE            |                         | SC CICLO           |                     | 11:15 |
| 11:30 |                     |                     | S1 BODY PUMP        | SC CICLO            |                         |                    |                     | 11:30 |
| 11:30 | S1 FITNESS          |                     | PI AQUADYNAMIC      | S2 PILATES          |                         |                    |                     | 11:30 |
| 11:45 |                     | S2 COSTAS SAUDÁVEIS | S2 MÃES E BEBÊS     |                     | S1 EM FORMA             | S2 BODY BALANCE    | SC CICLO            | 11:45 |
| 11:45 |                     |                     |                     |                     |                         | S1 PUMP BASIC      | S1 BALANCE MIX 4-11 | 11:45 |
| 12:00 | S2 YOGA             |                     |                     |                     | S2 HIPOPRESIVOS         |                    | S2 BODY BALANCE     | 12:00 |
| 12:15 |                     | S1 EM FORMA         |                     |                     |                         | S1 ZUMBA           |                     | 12:15 |
| 12:30 | S1 DANCE            |                     |                     |                     |                         |                    |                     | 12:30 |
| 12:45 |                     |                     | S2 COSTAS SAUDÁVEIS |                     |                         | S2 PILATES         | S1 GAP              | 12:45 |
| 13:00 |                     |                     |                     |                     |                         |                    | S2 COMBAT FAMILY    | 13:00 |
| 13:15 |                     |                     |                     |                     |                         | S1 B. ATTACK       |                     | 13:15 |
| 13:15 |                     |                     |                     |                     |                         | SP CROSS FAMILY    |                     | 13:15 |
| 14:00 | S1 CXWORX           | S2 COMBAT 30'       | SC CICLO 30'        | S1 PUMP 30'         |                         |                    |                     | 14:00 |
| 14:30 |                     | EX FORUS RUNNERS    |                     | PI FORUS SWIMMERS   |                         |                    |                     | 14:30 |
| 14:30 | S1 BODY PUMP        | SC CICLO            | S2 BODY BALANCE     | SC CICLO            | S1 B. ATTACK            |                    |                     | 14:30 |
| 15:30 | SC CICLO            |                     | SC CICLO            |                     | S1 BODY PUMP            |                    |                     | 15:30 |
| 16:00 |                     |                     |                     |                     |                         | SC CICLO           |                     | 16:00 |
| 16:00 |                     |                     |                     |                     |                         | S1 COMBAT MIX 4-11 |                     | 16:00 |
| 16:30 |                     |                     |                     | S2 HIPOPRESIVOS     | S2 COSTAS SAUDÁVEIS     |                    |                     | 16:30 |
| 16:30 | S2 GRÁVIDAS         |                     |                     |                     |                         |                    |                     | 16:30 |
| 16:45 |                     |                     | S2 YOGA             |                     | S1 GAP                  |                    |                     | 16:45 |
| 17:00 |                     |                     | PI AQUAFITNESS      |                     |                         | S2 DINAMIZACIÓN    |                     | 17:00 |
| 17:00 |                     | S1 FITNESS          | S1 SH'BAM KIDS 8-11 | S1 B. ATTACK        |                         | S1 BODY PUMP       |                     | 17:00 |
| 17:15 | S1 GAP              | S2 ZUMBA MIX 4-11   | SP SPORT GAMES 4-7  |                     | SP EXPRESSION GAMES 4-7 |                    |                     | 17:15 |
| 17:30 | SP SPORT KIDS 8-11  |                     |                     | SP GYM KIDS 8-11    |                         |                    |                     | 17:30 |
| 17:30 | S2 ZUMBA MIX 4-11   |                     |                     | S2 BODY BALANCE     | S2 SH'BAM KIDS 8-11     | S2 ZUMBA FAMILY    |                     | 17:30 |
| 17:30 | SC CICLO            |                     |                     | SC CICLO            |                         |                    |                     | 17:30 |
| 17:45 |                     |                     | S2 COSTAS SAUDÁVEIS |                     | S1 CXWORX               |                    |                     | 17:45 |
| 18:00 |                     |                     | S1 ZUMBA            | S1 BODY PUMP        |                         |                    |                     | 18:00 |
| 18:00 |                     | S1 BODY COMBAT      | SC CICLO            |                     |                         |                    |                     | 18:00 |
| 18:15 |                     | S2 ABDOMINAIS       |                     |                     | S1 ZUMBA                |                    |                     | 18:15 |
| 18:15 | S1 B. ATTACK        |                     |                     |                     | SC CICLO                |                    |                     | 18:15 |
| 18:30 | SC CICLO            | SC CICLO            |                     | EX RUNNERS INI      |                         |                    |                     | 18:30 |
| 18:30 | S2 ZUMBA            |                     |                     | S2 BODY COMBAT      | S2 YOGA                 |                    |                     | 18:30 |
| 18:45 |                     | S2 BODY BALANCE     | S2 PILATES          |                     |                         |                    |                     | 18:45 |
| 19:00 | ZM FUNCIONAL        | S1 ZUMBA            | ★                   | S1 ZUMBA            |                         |                    |                     | 19:00 |
| 19:00 |                     | EX RUNNERS AV       | S1 CXWORX           | SC CICLO            | ★                       |                    |                     | 19:00 |
| 19:15 | S1 BODY PUMP        | ★                   |                     |                     | S1 BODY PUMP            |                    |                     | 19:15 |
| 19:15 |                     |                     | ZM FUNCIONAL        |                     |                         |                    |                     | 19:15 |
| 19:30 | S1 BODY BALANCE     |                     | S1 COMBAT 30'       |                     | S2 BODY BALANCE         |                    |                     | 19:30 |
| 19:30 | EX FORUS RUNNERS    |                     |                     | S2 PILATES          |                         |                    |                     | 19:30 |
| 19:45 | SC CICLO            |                     | S2 SH'BAM           |                     |                         |                    |                     | 19:45 |
| 19:45 |                     | S2 CROSS TRAINING   | SC CICLO            |                     |                         |                    |                     | 19:45 |
| 20:00 |                     | S1 B. ATTACK        |                     | S1 FITNESS          | PI AQUAFITNESS          |                    |                     | 20:00 |
| 20:00 |                     |                     | S1 BODY PUMP        | ZM ALONGAMENTOS     |                         |                    |                     | 20:00 |
| 20:15 | S1 SH'BAM           |                     |                     |                     | S1 OLEFIT               |                    |                     | 20:15 |
| 20:30 | S2 PILATES          | SC CICLO            | EX FORUS RUNNERS    | S2 COSTAS SAUDÁVEIS |                         |                    |                     | 20:30 |
| 20:45 |                     |                     | S2 HIPOPRESIVOS     |                     | PI FORUS SWIMMERS       |                    |                     | 20:45 |
| 20:45 | SC FORUS BIKERS     | S2 PILATES          |                     |                     |                         |                    |                     | 20:45 |
| 21:00 |                     | S1 BODY PUMP        |                     | S1 STEP             |                         |                    |                     | 21:00 |
| 21:00 |                     |                     | S1 B. ATTACK        | SC FORUS BIKERS     |                         |                    |                     | 21:00 |
| 21:15 | S1 BODY COMBAT      |                     |                     |                     |                         |                    |                     | 21:15 |

La empresa, atendiendo a razones objetivas y avisando con la debida antelación, se reserva el derecho de cambio, ampliación o anulación de las actividades. El acceso a las AADD está limitado por razones de edad. Consulta la normativa de acceso en recepción al resepto. Las actividades 30, BASIC, Abdomen, Cx-Worx, Funcional, Estiramientos y F Runners Ini. tendrán una duración de 25 min. Las actividades marcadas con una estrella (\*) son de reserva previa desde 30 min antes de la hora de inicio de la actividad.