

HORARIO RAMBLETA

De lunes a viernes: de 08:00 a 23:00h

Sábados: de 08:00 a 14:00h

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

CORPO E MENTE

COREOGRAFADAS

ENTRENA +

AQUÁTICAS

JÚNIOR Y FAMILIA

CLUB DEPORTIVO

TONIFICAÇÃO

SÉNIOR

CARDIOVASCULAR

RAQUETE



| HORA | 2ª FEIRA | 3ª FEIRA | 4ª FEIRA | 5ª FEIRA | 6ª FEIRA | SÁBADO | DOMINGO | HORA |
|-------|--------------------|---------------------|--------------------|---------------------|--------------------|------------------|-----------------|-------|
| 08:15 | | S2 PUMP 30´ | S1 PILATES | S2 B. ATTACK | SC CICLO | | | 08:15 |
| 08:15 | SC CICLO | | | | | | | 08:15 |
| 08:30 | | PI AQUADYNAMIC | PI AQUAFITNESS | | | PI AQUADYNAMIC | | 08:30 |
| 08:45 | PI AQUAFITNESS | | | | | | | 08:45 |
| 08:45 | SF FUNCIONAL | S1 ALONGAMENTOS | | | | | | 08:45 |
| 09:00 | | S2 ZUMBA | | | SF FUNCIONAL | S1 ZUMBA | | 09:00 |
| 09:15 | | | S2 SH'BAM | S2 BODY PUMP | S1 YOGA | S2 BODY PUMP | | 09:15 |
| 09:15 | S1 ATTACK-CXWORX | SC CICLO | | | | | PI AQUAFITNESS | 09:15 |
| 09:30 | | S1 BODY BALANCE | S1 CROSS TRAINING | S1 PILATES | S2 BODY PUMP | | | 09:30 |
| 09:30 | S2 ZUMBA | AL RUNNERS INI | | SC CICLO | SC CICLO | SC CICLO | | 09:30 |
| 09:45 | SC CICLO | | SC CICLO | | | | | 09:45 |
| 10:00 | | S2 BODY COMBAT | | | | S1 PILATES BASIC | S2 BODY PUMP | 10:00 |
| 10:15 | S1 PILATES | SC CICLO | | PI AQUAFITNESS | S1 CXWORX | | SC CICLO | 10:15 |
| 10:15 | | PI AQUAFITNESS | S2 B. ATTACK | S2 BODY COMBAT | | | | 10:15 |
| 10:30 | S2 BODY COMBAT | S1 PILATES | S1 CXWORX | SF FUNCIONAL | PI AQUADYNAMIC | SC CICLO | S1 PILATES | 10:30 |
| 10:30 | | | | S1 BODY BALANCE | S2 BODY COMBAT | S2 SH'BAM | | 10:30 |
| 10:45 | | | SC CICLO | | | | | 10:45 |
| 10:45 | | | PI AQUAFITNESS | | S1 BODY BALANCE | S1 BODY BALANCE | | 10:45 |
| 11:00 | PI AQUAFITNESS | S2 BODY PUMP | S1 AF-SÉNIORS | | AL PADEL FREE | | S2 SH'BAM | 11:00 |
| 11:15 | S1 AF-SÉNIORS | PI AQUADYNAMIC | | S2 CXWORX | | | | 11:15 |
| 11:15 | | | S2 ZUMBA | PI AQUADYNAMIC | | | | 11:15 |
| 11:30 | S2 BODY PUMP | S1 SH'BAM | | | PI AQUAFITNESS | | SC CICLO | 11:30 |
| 11:30 | | | | S1 ZUMBA | S2 AF-SÉNIORS | S2 COMBAT-PUMP | S1 BODY BALANCE | 11:30 |
| 11:45 | | | PI AQUADYNAMIC | S2 GAP | S1 SH'BAM | S1 PILATES | | 11:45 |
| 12:00 | PI AQUADYNAMIC | S2 B. ATTACK | S1 BODY BALANCE | | | SC CICLO | S2 BODY COMBAT | 12:00 |
| 12:15 | S1 BODY BALANCE | PI AQUAFITNESS | S2 BODY PUMP | SC CICLO | | | | 12:15 |
| 12:30 | S2 SH'BAM | SC CICLO | | | | | | 12:30 |
| 12:30 | SC CICLO | S1 HIOPRESIVOS | SC CICLO 30´ | S1 GRÁVIDAS | | S2 B. ATTACK | S1 ZUMBA | 12:30 |
| 12:45 | | | PI AQUAFITNESS | | | | SC CICLO 30´ | 12:45 |
| 13:00 | | S2 ABDOMINAIS | S1 MÃES E BEBÊS | | | | S2 PUMP BASIC | 13:00 |
| 14:15 | SC FORUS BIKERS | | | | | | | 14:15 |
| 14:30 | S2 PUMP-CXWORX | SC CICLO | | SC CICLO | | | | 14:30 |
| 14:30 | | | S1 CROSS TRAINING | S1 HIOPRESIVOS | S2 ZUMBA | | | 14:30 |
| 15:30 | SC CICLO | S2 BODY PUMP | SC CICLO | S2 BODY COMBAT | SC CICLO | | | 15:30 |
| 15:45 | | | PI FORUS SWIMMERS | | | | | 15:45 |
| 16:30 | S2 PUMP 30´ | | | S1 ALONGAMENTOS | SF FUNCIONAL | | | 16:30 |
| 16:45 | | S2 COMBAT 30´ | S2 CXWORX | | | | | 16:45 |
| 17:00 | S1 CROSS TRAINING | SF FUNCIONAL | | S2 SH'BAM | | | | 17:00 |
| 17:00 | | | | | S2 ABDOMINAIS | | | 17:00 |
| 17:15 | S2 ZUMBA | S2 B. ATTACK | S2 BODY COMBAT | SC CICLO | | | | 17:15 |
| 17:30 | SC CICLO | AL PADEL FREE | | AL PADEL FREE | S1 COMBAT BASIC | | | 17:30 |
| 17:30 | AL SPORT GAMES 4-7 | SC CICLO | | | SC CICLO | | | 17:30 |
| 17:30 | | S1 SH'BAM KIDS 8-11 | S1 ZUMBA | S1 SH'BAM KIDS 8-11 | AL SPORT GAMES 4-7 | | | 17:30 |
| 17:30 | | AL BODY GAMES 4-7 | AL SPORT GAMES 4-7 | AL BODY GAMES 4-7 | | | | 17:30 |
| 17:45 | | | SC CICLO | | S2 ZUMBA | | | 17:45 |
| 18:00 | S1 BODY BALANCE | | | S2 BODY PUMP | S1 PILATES | | | 18:00 |
| 18:15 | S2 BODY COMBAT | S2 SH'BAM | S2 B. ATTACK | | | | | 18:15 |
| 18:30 | SC CICLO | S1 PILATES | S1 BODY BALANCE | S1 YOGA | | | | 18:30 |
| 18:30 | AL SPORT KIDS 8-11 | AL SPORT KIDS 8-11 | AL GYM KIDS 8-11 | AL SPORT KIDS 8-11 | AL SPORT KIDS 8-11 | | | 18:30 |
| 18:45 | | SC CICLO | SC CICLO | | S2 GAP | | | 18:45 |
| 19:00 | PI AQUAFITNESS | | | S2 B. ATTACK | S1 BODY BALANCE | | | 19:00 |
| 19:00 | S1 PILATES | | | SC CICLO | SC CICLO | | | 19:00 |
| 19:15 | S2 BODY PUMP | S2 PUMP-CXWORX | S2 ABDOMINAIS | PI AQUADYNAMIC | | | | 19:15 |
| 19:30 | | S1 BODY BALANCE | | S1 BODY BALANCE | | | | 19:30 |
| 19:30 | SF FUNCIONAL | | S1 YOGA | | AL PADEL FREE | | | 19:30 |
| 19:30 | | AL FORUS RUNNERS | | | | | | 19:30 |
| 19:30 | AL PADEL FREE | PI AQUADYNAMIC | PI AQUAFITNESS | | | | | 19:30 |
| 19:45 | | | SC FORUS BIKERS | | | | | 19:45 |
| 19:45 | SC CICLO | | S2 BODY PUMP | | S2 CXWORX | | | 19:45 |
| 20:00 | | | | AL RUNNERS INI | S1 SH'BAM | | | 20:00 |
| 20:00 | S1 SH'BAM | | | S2 ZUMBA | SC CICLO | | | 20:00 |
| 20:15 | S2 B. ATTACK | | | SC CICLO MAX | | | | 20:15 |
| 20:15 | SF ABDOMINAIS | S2 BODY COMBAT | | | S2 BODY COMBAT | | | 20:15 |
| 20:30 | | SC CICLO 30´ | | | | | | 20:30 |
| 20:30 | | PI FORUS SWIMMERS | AL RUNNERS AV | S1 CROSS TRAINING | | | | 20:30 |
| 20:30 | | S1 ABDOMINAIS | S1 SH'BAM | PI FORUS SWIMMERS | | | | 20:30 |
| 20:45 | SC CICLO | | SC CICLO | | | | | 20:45 |
| 20:45 | AL FORUS RUNNERS | | S2 BODY COMBAT | | | | | 20:45 |
| 21:00 | | SC CICLO | | S2 BODY COMBAT | | | | 21:00 |
| 21:00 | S1 YOGA | S1 ZUMBA | | | | | | 21:00 |
| 21:15 | S2 CXWORX | S2 BODY PUMP | | | | | | 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 resepecto.
Las actividades 30, BASIC, Abdomen, Cx-Worx, Funcional, Estiramientos y F Runners Ini. tendrán una duración de 25 min.
Las actividades familiares están dirigidas a niños acompañados de adultos.
Las actividades marcadas con una estrella (*) son de reserva previa desde 30 min antes de la hora de inicio de la actividad a excepción de las actividades acuáticas, que serán con 45 min.