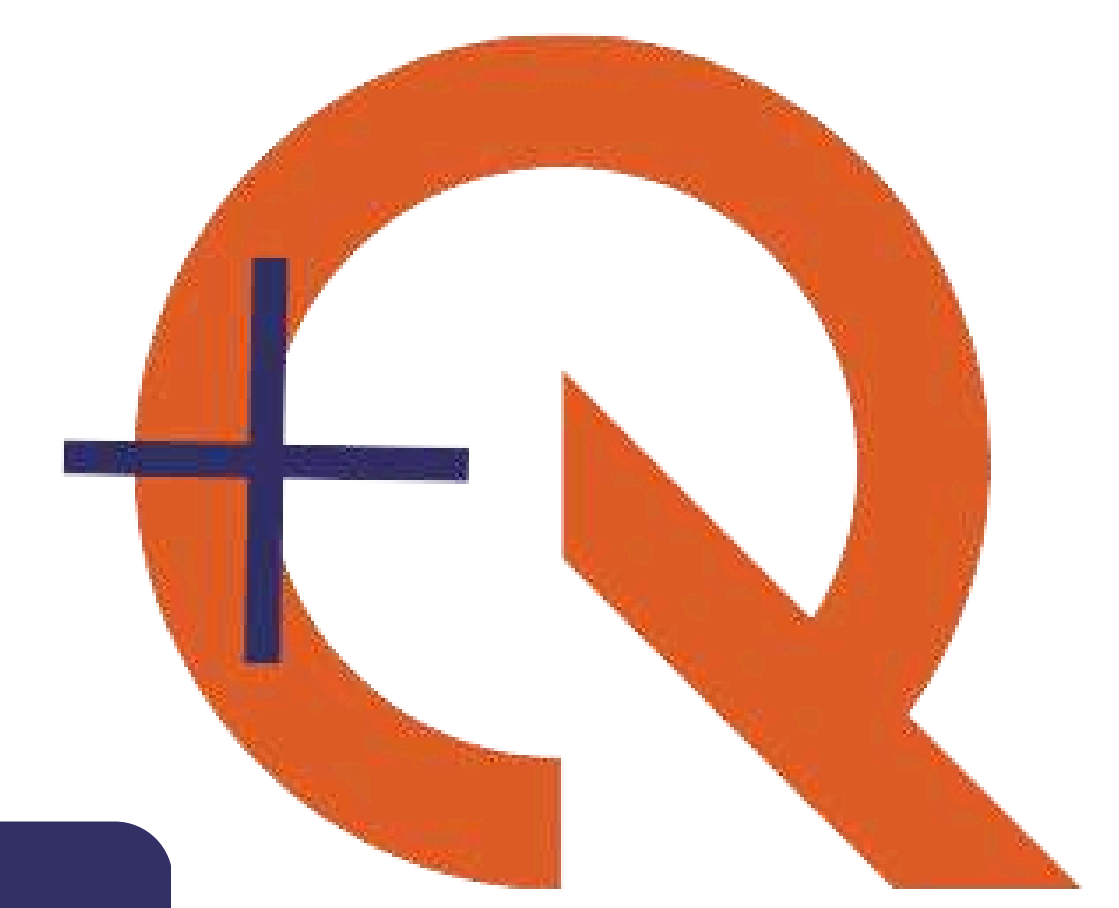


# PISCINA CLIMATIZADA CASCO URBANO

VIGOR 01.11.2024 AL 30.11.2024



## Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:00				PRANAYAMA YOGA EXPRESS 30'			
09:30	ZUMBA	LES MILLS BODYCOMBAT	ZUMBA	GLOBAL TRAINING	LES MILLS BODYPUMP	GLOBAL TRAINING	
10:30	CORE EXPRESS 30'	LES MILLS BODYPUMP		PILATES	LES MILLS BODYBALANCE	PILATES	
15:30		GLOBAL TRAINING	PILATES	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		
16:15	LES MILLS BODYBALANCE						
16:30		LES MILLS BODYBALANCE	FIT YOGA	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT		
17:15	GLOBAL TRAINING						
17:30		GAP		GLOBAL TRAINING			
18:15	LES MILLS BODYCOMBAT		ZUMBA		GAP		
18:30		PILATES		PILATES			
19:15	LES MILLS BODYPUMP		LES MILLS BODYPUMP		ESPALDA SANA		
19:30		YOGA		YIN YOGA			
20:15	ZUMBA		LES MILLS BODYCOMBAT				
20:30		LES MILLS BODYPUMP		LES MILLS BODYPUMP			

## Sala 2

09:30		ESPALDA SANA			ESPALDA SANA		
10:30			GAP				
17:30	SUELO PÉLVICO EXPRESS 30'		SUELO PÉLVICO EXPRESS 30'				
18:00	FIT YOGA		LES MILLS BODYBALANCE				
18:30		ONFIRE EXPRESS 30'		ONFIRE EXPRESS 30'			
19:00	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	FIT YOGA	LES MILLS BODYCOMBAT			
20:15	YIN YOGA						
20:30		YIN YOGA		YOGA			

## Piscina

09:15	AQAEROBIC	AQASALUD	AQAFITNESS	AQAEROBIC	AQAFITNESS		
10:15	AQAFITNESS	AQAEROBIC	AQASALUD	AQAFITNESS	AQAEROBIC		
15:00		AQAEROBIC		AQAFITNESS			
15:30	AQASALUD		AQAEROBIC				
19:15	AQAEROBIC	AQAFITNESS	AQAEROBIC	AQASALUD	AQAFITNESS		
20:00	AQAFITNESS						

# ESPORT A PATERNA

VIGOR 01.11.2024 AL 30.11.2024



## Sala 1

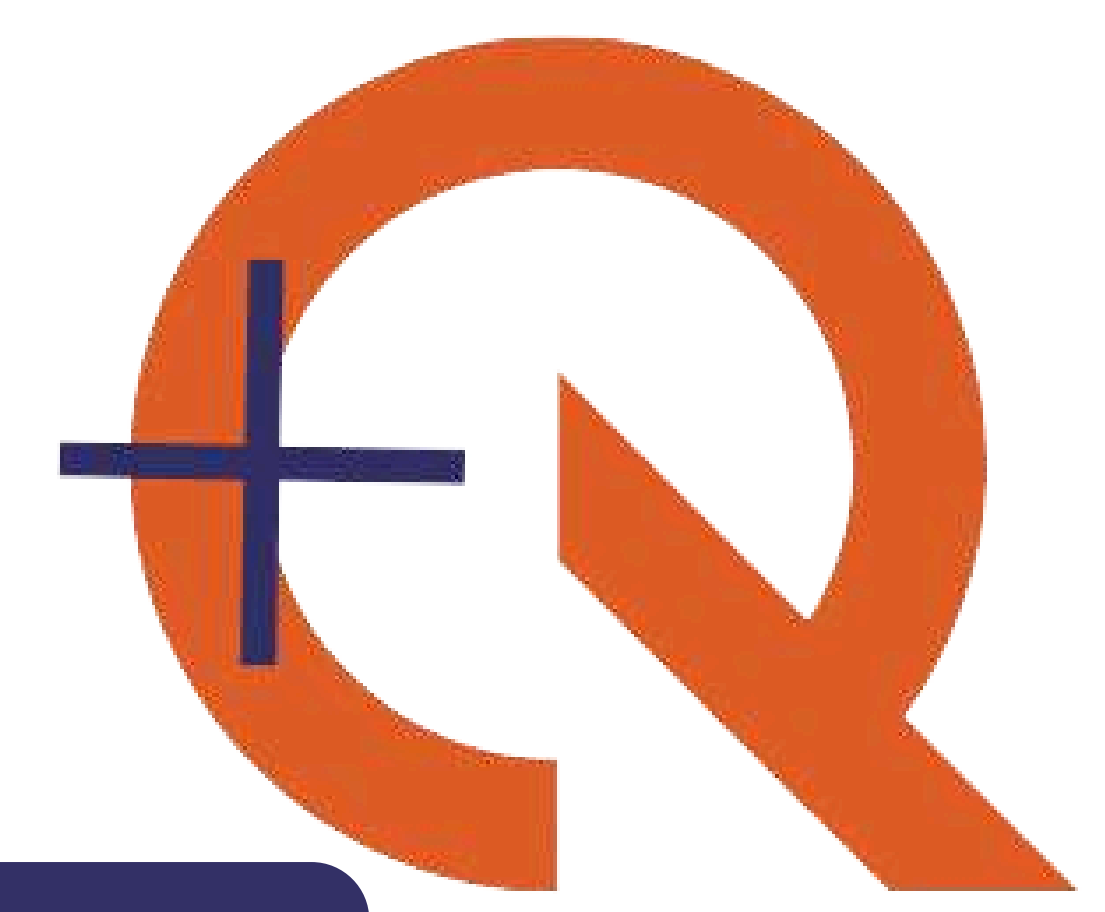
	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:00			PRANAYAMA YOGA EXPRESS 30'				
09:30	PUMP	BALANCE	PILATES	ZUMBA	COMBAT	CORE EXPRESS 30'	
10:30	PILATES	PUMP	GLOBAL TRAINING	GAP	GLOBAL TRAINING	YOGA	
14:30	PUMP		BALANCE		GLÚTEO		
15:30	ZUMBA	BALANCE	PUMP	PUMP	ZUMBA		
16:30	GAP	PUMP	ZUMBA	BALANCE	PILATES		
17:30	PUMP	STRETCHING EXPRESS 30'	COMBAT	ESPALDA SANA EXPRESS 30'	PUMP		
18:00		ZUMBA		GAP			
18:30			PILATES		BALANCE		
19:00		PUMP		PUMP			
20:00	CROSSFIT	CORE EXPRESS 30'	CROSSFIT	YIN YOGA			
21:00				BAILES EN LÍNEA			

## +Q Bike Exterior

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:15	Q BIKE VIRTUAL	Q BIKE	Q BIKE	Q BIKE VIRTUAL	Q BIKE		
09:30						Q BIKE VIRTUAL	
11:30	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL	
13:30	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL		
15:30	Q BIKE	Q BIKE VIRTUAL	Q BIKE	Q BIKE VIRTUAL	Q BIKE		
17:30	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL		
18:45	Q BIKE		Q BIKE		Q BIKE VIRTUAL		
19:00		Q BIKE		Q BIKE			
20:00	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL	Q BIKE VIRTUAL			
	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30	CROSSFIT		CROSSFIT		CROSSFIT		

# POLIDEPORTIVO LA CANYADA

VIGOR 01.11.2024 AL 30.11.2024



## Sala Fitness Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:00							
09:30							
10:30							
11:30							
14:30							
15:30							
17:30							
18:00							
18:30							
19:00							
19:30							
20:00							
20:30							

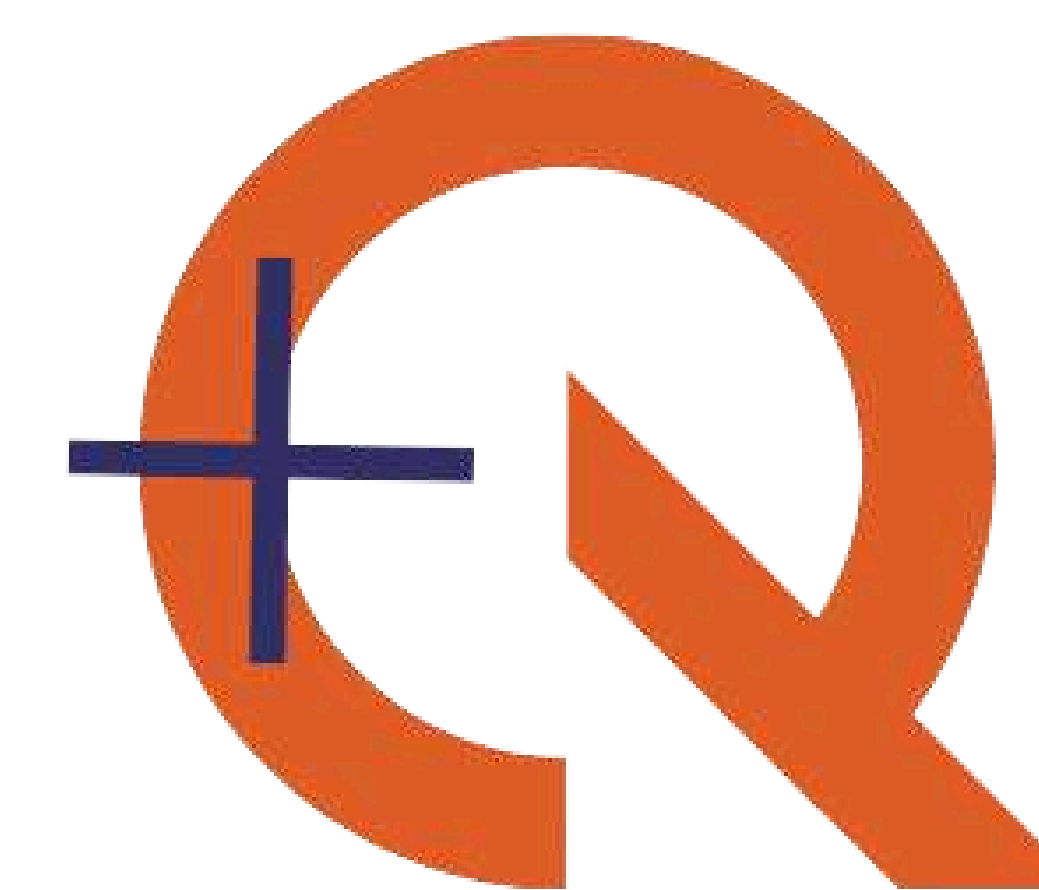
	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:00							
09:30							
10:00							
10:30							
18:30							

## Piscina

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00							
09:00							
13:00							
15:00							
20:00							

# POLIDEPORTIVO VALTERNA NORD

VIGOR 01.11.2024 AL 30.11.2024



## Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
17:30							
18:00							
18:30							
19:00							
19:30							