






HORARIO	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SABADO			DOMINGO							
	ACTIVIDADES	TATAMI	GRANADO	SALA CICLO	ACTIVIDADES	TATAMI	GRANADO	SALA CICLO	ACTIVIDADES	BOX FRONTON	GRANADO	SALA CICLO	ACTIVIDADES	TATAMI	GRANADO	SALA CICLO	ACTIVIDADES	GRANADO	SALA CICLO	ACTIVIDADES	GRANADO	SALA CICLO				
7:00	CARDIO HIIT TEC.SALA 07:15-07:45		VIRTUAL WALKING 07:00-8:00	VIRTUAL CICLO 07:00-8:00	VIRTUAL TRAINING 07:00-08:00		VIRTUAL WALKING 07:30-8:00	VIRTUAL CICLO 07:00-8:00	CARDIO HIIT TEC.SALA 07:15-07:45		VIRTUAL WALKING 07:30-8:00	VIRTUAL CICLO 08:00-9:00	VIRTUAL TRAINING 07:00-08:00		VIRTUAL WALKING 07:00-8:00	VIRTUAL CICLO 07:00-8:00	CARDIO HIIT TEC.SALA 07:15-07:45	VIRTUAL WALKING 07:00-8:00	VIRTUAL CICLO 08:00-9:00							
8:00	CARDIO HIIT TEC.SALA 08:00-08:30		VIRTUAL WALKING 08:00-09:00	VIRTUAL CICLO 08:00-09:00	VIRTUAL PILATES 08:00-09:00		VIRTUAL WALKING 08:00-09:00	VIRTUAL CICLO 08:00-09:00	CARDIO HIIT TEC.SALA 08:00-08:30		VIRTUAL WALKING 08:00-09:00	VIRTUAL CICLO 08:00-09:00	VIRTUAL PILATES 08:00-09:00		VIRTUAL WALKING 08:00-09:00	VIRTUAL CICLO 08:00-09:00	CARDIO HIIT TEC.SALA 08:00-08:30	VIRTUAL WALKING 08:00-09:00	VIRTUAL CICLO 08:00-09:00							
9:00	VIRTUAL TRAINING 09:00-10:00		VIRTUAL WALKING 09:00-10:00	VIRTUAL CICLO 09:00-10:00	CARDIO HIIT TEC.SALA 09:00-09:30		VIRTUAL WALKING 09:00-10:00	VIRTUAL CICLO 09:00-10:00	VIRTUAL PILATES 09:00-10:00		VIRTUAL WALKING 09:00-10:00	VIRTUAL CICLO 09:00-10:00	CARDIO HIIT TEC.SALA 09:00-09:30		VIRTUAL WALKING 09:00-10:00	VIRTUAL CICLO 09:00-10:00	CARDIO HIIT TEC.SALA 09:00-09:30	VIRTUAL WALKING 09:00-10:00	VIRTUAL CICLO 09:00-10:00	CARDIO HIIT TEC.SALA 09:30-10:00	VIRTUAL WALKING 09:00-10:00	VIRTUAL CICLO 09:00-10:00				
10:00	PILATES CONCHA 10:00-11:00		VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00	CARDIO HIIT TEC.SALA 10:00-10:30		VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00	BODY TONO CONCHA 10:00-11:00		VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00	CARDIO HIIT TEC.SALA 10:00-10:30		VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00	VIRTUAL TRAINING 10:00-11:00	VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00	VIRTUAL PILATES 10:00-10:45	VIRTUAL WALKING 10:00-11:00	VIRTUAL TRAINING 10:00-10:45	VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00		
11:00	VIRTUAL TRAINING 11:00-12:00		VIRTUAL WALKING 11:00-12:00	VIRTUAL CICLO 11:00-12:00	VIRTUAL PILATES 11:00-12:00		VIRTUAL WALKING 11:00-12:00	VIRTUAL CICLO 11:00-12:00	VIRTUAL PILATES 11:00-12:00		VIRTUAL WALKING 11:00-12:00	VIRTUAL CICLO 11:00-12:00	VIRTUAL TRAINING 11:00-12:00		VIRTUAL WALKING 11:00-12:00	VIRTUAL CICLO 11:00-12:00	VIRTUAL TRAINING 11:00-12:00	VIRTUAL WALKING 11:00-12:00	VIRTUAL CICLO 11:00-12:00	VIRTUAL TRAINING 11:00-11:45	VIRTUAL WALKING 11:00-12:00	VIRTUAL CICLO 11:00-12:00	VIRTUAL PILATES 11:00-11:45	VIRTUAL WALKING 11:00-12:00	VIRTUAL CICLO 11:00-12:00	
12:00	VIRTUAL PILATES 12:00-13:00		VIRTUAL WALKING 12:00-13:00	VIRTUAL CICLO 12:00-13:00	VIRTUAL PILATES 12:00-13:00		VIRTUAL WALKING 12:00-13:00	VIRTUAL CICLO 12:00-13:00	VIRTUAL TRAINING 12:00-13:00		VIRTUAL WALKING 12:00-13:00	VIRTUAL CICLO 12:00-13:00	CARDIO HIIT TEC.SALA 12:00-12:30		VIRTUAL WALKING 12:00-13:00	VIRTUAL CICLO 12:00-13:00	VIRTUAL PILATES 12:00-12:45	VIRTUAL WALKING 12:00-13:00	VIRTUAL CICLO 12:00-13:00	VIRTUAL PILATES 12:00-12:45	VIRTUAL WALKING 12:00-13:00	VIRTUAL CICLO 12:00-13:00	VIRTUAL TRAINING 12:00-12:45	VIRTUAL WALKING 12:00-13:00	VIRTUAL CICLO 12:00-13:00	
13:00	CARDIO HIIT TEC.SALA 13:15-13:45		VIRTUAL WALKING 13:00-14:00	VIRTUAL CICLO 13:00-14:00	CARDIO HIIT TEC.SALA 13:15-13:45		VIRTUAL WALKING 13:00-14:00	VIRTUAL CICLO 13:00-14:00	CARDIO HIIT TEC.SALA 13:15-13:45		VIRTUAL WALKING 13:00-14:00	VIRTUAL CICLO 13:00-14:00	CARDIO HIIT TEC.SALA 13:15-13:45		VIRTUAL WALKING 13:00-14:00	VIRTUAL CICLO 13:00-14:00	CARDIO HIIT TEC.SALA 13:15-13:45	VIRTUAL WALKING 13:00-14:00	VIRTUAL CICLO 13:00-14:00							
14:00	  La Planilla Calahorra						 @ LaPlanillaCpm						 www.laplanilla.es						 941 13 10 38							
15:00	VIRTUAL TRAINING 15:00-16:00		VIRTUAL WALKING 15:00-16:00	VIRTUAL CICLO 15:00-16:00	VIRTUAL TRAINING 15:00-16:00		VIRTUAL WALKING 15:00-16:00	VIRTUAL CICLO 15:00-16:00	VIRTUAL TRAINING 15:00-16:00		VIRTUAL WALKING 15:00-16:00	VIRTUAL CICLO 15:00-16:00	VIRTUAL TRAINING 15:00-16:00		VIRTUAL WALKING 15:00-16:00	VIRTUAL CICLO 15:00-16:00										
16:00	VIRTUAL TRAINING 16:00-17:00		VIRTUAL WALKING 16:00-17:00	VIRTUAL CICLO 16:00-17:00	VIRTUAL TRAINING 16:00-17:00		VIRTUAL WALKING 16:00-17:00	VIRTUAL CICLO 16:00-17:00	VIRTUAL TRAINING 16:00-17:00		VIRTUAL WALKING 16:00-17:00	VIRTUAL CICLO 16:00-17:00	VIRTUAL TRAINING 16:00-17:00		VIRTUAL WALKING 16:00-17:00	VIRTUAL CICLO 16:00-17:00	VIRTUAL PILATES 16:00-16:45	VIRTUAL WALKING 16:00-17:00	VIRTUAL CICLO 16:00-17:00	VIRTUAL PILATES 16:00-16:45	VIRTUAL WALKING 16:00-17:00	VIRTUAL CICLO 16:00-17:00				
17:00	VIRTUAL TRAINING 17:00-18:00		VIRTUAL WALKING 17:00-18:00	VIRTUAL CICLO 17:00-18:00	VIRTUAL PILATES 17:00-17:45		VIRTUAL WALKING 17:00-18:00	VIRTUAL CICLO 17:00-18:00	VIRTUAL TRAINING 17:00-17:45		VIRTUAL WALKING 17:00-18:00	VIRTUAL CICLO 17:00-18:00	VIRTUAL PILATES 17:00-17:45		VIRTUAL WALKING 17:00-18:00	VIRTUAL CICLO 17:00-18:00	VIRTUAL TRAINING 17:00-17:45	VIRTUAL WALKING 17:00-18:00	VIRTUAL CICLO 17:00-18:00	VIRTUAL TRAINING 17:00-17:45	VIRTUAL WALKING 17:00-18:00	VIRTUAL CICLO 17:00-18:00				
18:00	VIRTUAL TRAINING 18:00-19:00		VIRTUAL WALKING 18:00-19:00	VIRTUAL CICLO 18:00-19:00	VIRTUAL PILATES 18:00-19:00		VIRTUAL WALKING 18:00-19:00	VIRTUAL CICLO 18:00-19:00	VIRTUAL PILATES 18:00-19:00		VIRTUAL WALKING 18:00-19:00	VIRTUAL CICLO 18:00-19:00	VIRTUAL PILATES 18:00-19:00		VIRTUAL WALKING 18:00-19:00	VIRTUAL CICLO 18:00-19:00	VIRTUAL PILATES 18:00-18:45	VIRTUAL WALKING 18:00-19:00	VIRTUAL CICLO 18:00-19:00	VIRTUAL PILATES 18:00-18:45	VIRTUAL WALKING 18:00-19:00	VIRTUAL CICLO 18:00-19:00				
19:00	BODY TONO CONCHA 19:00-20:00		VIRTUAL WALKING 19:00-20:00	VIRTUAL CICLO 19:00-20:00	GAP CONCHA 19:00-20:00		VIRTUAL WALKING 19:00-20:00	VIRTUAL CICLO 19:00-20:00	BODY TONO CONCHA 19:00-20:00		VIRTUAL WALKING 19:00-20:00	VIRTUAL CICLO 19:00-20:00	GAP CONCHA 19:00-20:00		VIRTUAL WALKING 19:00-20:00	VIRTUAL CICLO 19:00-20:00	VIRTUAL TRAINING 19:00-19:45	VIRTUAL WALKING 19:00-20:00	VIRTUAL CICLO 19:00-20:00	VIRTUAL TRAINING 19:00-19:45	VIRTUAL WALKING 19:00-20:00	VIRTUAL CICLO 19:00-20:00				
20:00	BOXEO & KICK BOXING GONZALO 20:00-21:00		VIRTUAL WALKING 20:00-21:00	CICLO INDOOR CONCHA 20:00-21:00	PILATES CONCHA 20:00-21:00		VIRTUAL WALKING 20:00-21:00	VIRTUAL CICLO 20:00-21:00	BOXEO & KICK BOXING GONZALO 20:00-21:00		VIRTUAL WALKING 20:00-21:00	CICLO INDOOR CONCHA 20:00-21:00	PILATES CONCHA 20:00-21:00		VIRTUAL WALKING 20:00-21:00	VIRTUAL CICLO 20:00-21:00	CARDIO HIIT TEC.SALA 20:00-20:30	VIRTUAL WALKING 20:00-21:00	VIRTUAL CICLO 20:00-21:00	CARDIO HIIT TEC.SALA 20:00-20:30	VIRTUAL WALKING 20:00-21:00	VIRTUAL CICLO 20:00-21:00				
21:00	CARDIO HIIT TEC.SALA 21:15-21:45		VIRTUAL WALKING 21:00-22:00	VIRTUAL CICLO 21:00-22:00	CARDIO HIIT TEC.SALA 21:15-21:45		VIRTUAL WALKING 21:00-22:00	VIRTUAL CICLO 21:00-22:00	CARDIO HIIT TEC.SALA 21:15-21:45		VIRTUAL WALKING 21:00-22:00	VIRTUAL CICLO 21:00-22:00	CARDIO HIIT TEC.SALA 21:15-21:45		VIRTUAL WALKING 21:00-22:00	VIRTUAL CICLO 21:00-22:00	CARDIO HIIT TEC.SALA 21:15-21:45	VIRTUAL WALKING 21:00-22:00	VIRTUAL CICLO 21:00-22:00	CARDIO HIIT TEC.SALA 21:15-21:45	VIRTUAL WALKING 21:00-22:00	VIRTUAL CICLO 21:00-22:00				

*Toda actividad se podrá modificar dependiendo de las asistencias a las mismas.

PILATES	CICLO INDOOR
BODY TONO	CICLO INDOOR VIRTUAL
GAP	VIRTUAL SALA ACTIVIDADES
VIRTUAL WALKING	CARDIO HIT

ABONADOS Y PISCINA SALUD 15€
ABONADOS PISCINA VERANO 20€
NO ABONADOS 30€