

## BONO ACTIVO REDUCIDO DEL 26 DE DICIEMBRE AL 7 DE ENERO

HORARIO	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SABADO			DOMINGO						
	S. ACTIVIDADES	TATAMI	GINNASIO	SALA CICLO	S. ACTIVIDADES	TATAMI	GINNASIO	SALA CICLO	S. ACTIVIDADES	TATAMI	GINNASIO	SALA CICLO	S. ACTIVIDADES	TATAMI	GINNASIO	SALA CICLO	S. ACTIVIDADES	GINNASIO	SALA CICLO	S. ACTIVIDADES	GINNASIO	SALA CICLO			
7:00	CARDIO HIIT TEC.SALA 07:15-07:45		VIRTUAL WALKING 07:00-8:00	VIRTUAL CICLO 08:00-9:00	VIRTUAL TRAINING 07:00-08:00		VIRTUAL WALKING 07:00-8:00	VIRTUAL CICLO 08:00-9:00	CARDIO HIIT TEC.SALA 07:15-07:45		VIRTUAL WALKING 07:00-8:00	VIRTUAL CICLO 08:00-9:00	VIRTUAL TRAINING 07:00-08:00		VIRTUAL WALKING 07:00-8:00	VIRTUAL CICLO 08:00-9:00	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		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	BODY TONO CONCHA 10:00-11:00		VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00	PILATES BEA 10:00-11:00		VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00	YOGA BALANCE HIPOPRESIVOS CONCHA 10:00-11:00		VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00	GAP CONCHA 10:00-11:00		VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00		VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 10:00-11:00	VIRTUAL PILATES 12:00-12:45	VIRTUAL WALKING 10:00-11:00	VIRTUAL CICLO 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 PILATES 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 TRAINING 11:00-11:45	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
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	VIRTUAL PILATES 12:00-13:00		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 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
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							
14:00	  La Planilla Calahorra				 @LaPlanillaCpm				 941 13 10 38				 laplanilla.es												
15:00	VIRTUAL PILATES 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 PILATES 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 PILATES 15:00-16:00	VIRTUAL WALKING 15:00-16:00	VIRTUAL CICLO 15:00-16:00						
16:00	VIRTUAL PILATES 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 16:00-17:00		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			
17:00	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 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 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 18:00-18:45	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	CICLO INDOOR NATALIA 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	CICLO INDOOR NATALIA 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						
20:00	PILATES CONCHA 20:00-21:00	TATAMI KICK BOXING GONZALO 20:30-21:30	VIRTUAL WALKING 20:00-21:00	VIRTUAL CICLO 20:00-21:00	ZUMBA IRENE 20:00-21:00		VIRTUAL WALKING 20:00-21:00	CICLO INDOOR CONCHA/ REBEC 20:00-21:00	PILATES CONCHA 20:00-21:00	TATAMI KICK BOXING GONZALO 20:30-21:30	VIRTUAL WALKING 20:00-21:00	VIRTUAL CICLO 20:00-21:00	ZUMBA IRENE 20:00-21:00		VIRTUAL WALKING 20:00-21:00	CICLO INDOOR CONCHA/ REBEC 20:00-21:00	VIRTUAL PILATES 19:00-19:45	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						

POSTURA SANA	CICLO INDOOR	PILATES	CARDIO HIIT
BODY TONO	CICLO INDOOR VIRTUAL	GAP	ZUMBA
BOX FRONTON // CROSS TRAINING		YOGA BALANCE- HIPOPRESIVOS	MASTER CLASS
VIRTUAL WALKING	BOXEO	TATAMI FRONTON // KICK BOXING	VIRTUAL SALA ACTIVIDADES

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