



CENTRO DEPORTIVO
**LAS TORRES DE
COTILLAS**

HORARIO ABONADO SALUD

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00		APERTURA 07:00 horas CIERRE 22:00 horas		APERTURA 07:00 horas CIERRE 22:00 horas			
8:00							
9:00	CARDIO HITT 09:20 / 10:00	INTENSITY 9:15 / 10:00	CARDIO HITT 09:20 / 10:00	GAP 9:20 / 10:00	CROSS TRAINING 9:20 / 10:00		
	AQUA FITNESS 9:15 / 10:00	AQUA FITNESS 9:15 / 10:00	AQUA FITNESS 9:15 / 10:00	AQUA TONO 9:15 / 10:00	AQUA FITNESS 9:15 / 10:00		
10:00	BIKE 10:05 / 10:50	BIKE 10:05 / 10:50	BIKE 10:05 / 10:50	BIKE 10:05 / 10:50	BIKE VIRTUAL ICG Training 10:05 / 11:05	BIKE VIRTUAL ICG Training 10:00 / 11:00	
			PILATES 10:15 / 11:00		ESPALDA SANA 10:15 / 11:00		
11:00							
14:00	CROSS TRAINING 14:30 / 15:10	CARDIO HITT 14:30 / 15:10	CROSS TRAINING 14:30 / 15:10	CARDIO HITT 14:30 / 15:10	BIKE VIRTUAL ICG Training 14:30 / 15:30		
18:00	BIKE VIRTUAL ICG Training 18:45 / 19:45	PILATES 18:05 / 18:50	BIKE VIRTUAL ICG Training 18:45 / 19:45	PILATES 18:05 / 18:50	BIKE VIRTUAL ICG Training 18:45 / 19:45		
		BIKE VIRTUAL ICG Training 18:45 / 19:45		BIKE VIRTUAL ICG Training 18:45 / 19:45			
		CARDIO HITT 18:55 / 19:35		CARDIO HITT 18:55 / 19:35			
19:00	GAP 19:05 / 19:45	CROSS TRAINING 19:45 / 20:25	CROSS TRAINING 19:05 / 19:45	INTENSITY 19:40 / 20:25			
20:00	NATACIÓN ABONADOS 20:00 / 20:45	BIKE VIRTUAL ICG Training 20:00 / 21:00	NATACIÓN ABONADOS 20:00 / 20:45	BIKE VIRTUAL ICG Training 20:00 / 21:00			
	ZUMBA 20:00 / 20:45	AQUA FITNESS 20:30 / 21:15	SALSATION 20:00 / 20:45	AQUA FITNESS 20:30 / 21:15			
	BIKE 20:00 / 20:45		BIKE 20:00 / 20:45				
21:00							
22:00							