



CENTRO DEPORTIVO  
**LAS TORRES DE  
COTILLAS**

# HORARIO ABONADO SALUD

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00							
8:00							
9:00	CARDIO TONIC 09:20 / 10:00	INTENSITY 9:15 / 10:00	CARDIO TONIC 09:20 / 10:00	GAP 9:20 / 10:00	WORKOUT 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		
					ESPALDA SANA 10:15 / 11:00		
11:00							
14:00	BIKE VIRTUAL ICG Training 14:30 / 15:30		BIKE VIRTUAL ICG Training 14:30 / 15:30				
19:00	GAP 19:05 / 19:45	PILATES 19:05 / 19:50	WORKOUT 19:05 / 19:45	PILATES 19:00 / 19:45		<b>Piscina exterior</b>  Lunes a viernes M. 10:00 a 14:00 T. 15:00 a 20:00  Sabados y Domingos M. 10:00 a 14:00 T. 15:00 a 19:00	<b>Piscina exterior</b>  Lunes a viernes M. 10:00 a 14:00 T. 15:00 a 20:00  Sabados y Domingos M. 10:00 a 14:00 T. 15:00 a 19:00
	BIKE VIRTUAL ICG Training 19:30 / 20:30	BIKE VIRTUAL ICG Training 19:30 / 20:30	BIKE VIRTUAL ICG Training 19:30 / 20:30	BIKE VIRTUAL ICG Training 19:30 / 20:30	BIKE VIRTUAL ICG Training 19:30 / 20:30		
20:00	ZUMBA 20:00 / 20:55	CARDIO TONIC 20:05 / 20:45	SALSATION 20:00 / 20:45	INTENSITY 20:00 / 20:45			
	BIKE VIRTUAL ICG Training 20:50 / 21:50	BIKE VIRTUAL ICG Training 20:50 / 21:50	BIKE VIRTUAL ICG Training 20:50 / 21:50	BIKE VIRTUAL ICG Training 20:50 / 21:50			
	AQUA TRAINING 20:50 / 21:35		AQUA FITNESS 20:50 / 21:35				
21:00							
22:00							