



CENTRO DEPORTIVO  
**LAS TORRES DE  
COTILLAS**

# HORARIO ABONADO SALUD

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00		NATACIÓN ABONADOS 07:15 / 08:00		NATACIÓN ABONADOS 07:15 / 08:00			
8:00							
9:00	BOX 09:20 / 10:00	INTENSITY 9:15 / 10:00	JUMP 09:30 / 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 10:05 / 10:50	BIKE VIRTUAL ICG Training 10:00 / 11:00	
	PILATES 10:05 / 10:50		ESPALDA SANA 10:05 / 10:50				
14:00	WORKOUT 14:30 / 15:10	BIKE 14:30 / 15:15	WORKOUT 14:30 / 15:10	WORKOUT 14:30 / 15:10	BIKE VIRTUAL ICG Training 14:30 / 15:15		
18:00	GAP 18:30 / 19:10	BIKE VIRTUAL ICG Training 18:30 / 19:30	WORKOUT 18:40 / 19:20				
19:00	BIKE VIRTUAL ICG Training 19:00 / 20:00	PILATES 19:15 / 20:00	BIKE VIRTUAL ICG Training 19:00 / 20:00	BIKE VIRTUAL ICG Training 19:00 / 20:00	FUNCTIONAL TRAINING 19:00 / 19:30		
	BOX 19:15 / 19:55	FUNCTIONAL TRAINING 19:30 / 20:00	JUMP 19:25 / 19:55	PILATES 19:10 / 19:55	BIKE VIRTUAL ICG Training 19:30 / 20:30		
20:00	ZUMBA 20:00 / 20:55	NATACIÓN ABONADOS 20:00 / 20:45	SALSATION 20:00 / 20:55	NATACIÓN ABONADOS 20:00 / 20:45			
	BIKE 20:00 / 20:45	CARDIO TONIC 20:05 / 20:45	BIKE 20:00 / 20:45	INTENSITY 20:00 / 20:45			
	YOGA 20:00 / 21:15	BIKE 20:50 / 21:35	AQUA FITNESS 20:50 / 21:35	BIKE 20:50 / 21:35			
	AQUA TRAINING 20:50 / 21:35	AQUA FITNESS 20:50 / 21:35		AQUA TONO 20:50 / 21:35			
21:00			CORE /ESTIRAMIENTOS 21:00 / 21:40				
22:00							