



Club Municipal
de Hielo
Benalmádena

Válido desde el 17/09/2012 hasta el 23/06/2013

HORARIO DE ACTIVIDADES DIRIGIDAS

	HORARIO	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADOS
MAÑANA	8:30-9:25	SALA C	Win TRAINING		Win TRAINING			
	9:00-10:25	SALA A	Win YOGA		Win YOGA		Win YOGA	
	9:30-10:25	SALA A		Win BALANCE		Win BALANCE		
	9:30-10:25	SALA B	Win BIKE	Win BIKE	Win BIKE	Win BIKE	Win BIKE	
	9:30-10:25	SALA C	ZUMBA	Win TRAINING	ZUMBA	Win TRAINING	Win TRAINING	
	10:00-10:55	PISCINA					Win AQUAGYM	
	10:30-11:25	SALA A	Win INTERVAL	Win SCULPING	Win PUMP	Win INTERVAL	Win GAP	
	10:30-11:25	SALA B		Win BIKE		Win BIKE		
	10:30-11:25	SALA C	Win SEVILLANAS	Win D. VIENTRE	Win SEVILLANAS	Win D. VIENTRE	AEROBOX 45'	
	10:30-11:25	PISCINA		Win AQUAGYM		Win AQUAGYM		
	11:00-11:55	SALA A						Win TRAINING
	11:30-12:25	SALA A	Win PILATES	Win GAP	Win PILATES	Win EXTREME	Win PILATES	
	11:30-12:25	SALA C	Win GAP		Win GAP			
	11:45-12:40	PISCINA	Win AQUAGYM		Win AQUAGYM			
12:00-12:55	SALA B						Win BIKE	
NOCHE - TARDE	14:15-15:10	SALA A	Win PILATES	Win PUMP	Win PILATES	Win PUMP		
	14:15-15:10	SALA B	Win BIKE		Win BIKE			
	18:00-18:55	SALA A	Win STEP	Win AEROBIC	Win STEP	Win AEROBIC	Win PILATES	
	19:00-19:55	SALA A	Win BALANCE	Win PILATES	Win BALANCE	Win PILATES	Win SCULPING	
	19:00-19:55	SALA B		Win BIKE		Win BIKE		
	19:00-19:55	SALA C	Win TONO	ZUMBA	Win STREET DANCE	ZUMBA		
	20:00-20:55	SALA A	Win EXTREME	Win PUMP	Win INTERVAL	Win PUMP	Win LATINOS	
	20:00-20:55	SALA B	Win BIKE		Win BIKE		Win BIKE	
	20:00-20:55	SALA C	Win AEROBOX	Win STEP	Win AEROBOX	Win STEP		
	20:00-20:55	PISCINA	Win AQUAGYM		Win AQUAGYM			
	21:00-21:55	SALA A	Win LATINOS	Win TRAINING	Win LATINOS	Win TRAINING		
	21:00-21:55	SALA B	Win BIKE	Win BIKE	Win BIKE	Win BIKE		
	21:00-21:55	SALA C	Win PUMP	Win CAPOEIRA	Win PUMP	Win CAPOEIRA		



Win TONO
Win AERÓBICO

Win SOFT
Win ARMONÍA

Win
Wellness Center