

	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	DOMINGO			
8:00	GAP sala 2			TRX sala fitness	CROSS TRAINING sala 2		CICLO sala 3		PILATES sala 4						
8:15															
8:30															
8:45															
9:00		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness					
9:15															
9:30	CICLO sala 3		A-TONO sala 2			A-GYM piscina grande	CICLO sala 3			TRX sala fitness	CARDIO BOX sala 2	A-GYM piscina grande	STEP sala 2	EXPRESS sala fitness	EXPRESS sala fitness
9:45															
10:00				EXPRESS sala fitness						EXPRESS sala fitness			EXPRESS sala fitness		
10:15			PILATES sala 4												
10:30	EQUILIBRATE sala 4	DANCE MOVE sala 5				EQUILIBRATE sala 4	A-TONO sala 2		BASIC PILATES sala 4	CICLO sala 3		ESTIRA sala 4			
10:45															
11:00			A-SENIOR piscina grande												
11:15				SENIOR sala 2											
11:30															
11:45															
12:00															
12:15		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness		CICLO sala 3	
12:30															
12:45															
13:00															
13:15															
13:30															
13:45															
14:00	CICLO sala 3	PERFECCIONAMIENTO piscina grande		SPARTAN BOX	F.T. sala 2	CICLO sala 3	PERFECCIONAMIENTO piscina grande		A-TONO sala 2		PILATES sala 4	WATER-POLO piscina			
14:15															
14:30															
14:45															
15:00															
15:15															
15:30	A-GYM piscina grande			RENDIMIENTO piscina grande		A-GYM piscina grande				RENDIMIENTO piscina grande					
15:45															
16:00				BAILA sala 5						DANCE MOVE sala 5		BASIC PILATES sala 4			
16:15															
16:30		TERAPEUTICA piscina grande					TERAPEUTICA piscina grande								
16:45															
17:00															
17:15															
17:30		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness			
17:45															
18:00															
18:15		BALLET FIT sala 5													
18:30				STEP sala 2											
18:45															
19:00	CICLO sala 3	RUN exterior		A-TONO sala 2	EQUILIBRATE sala 4	CICLO sala 3	DANCE MOVE sala 5		CARDIO BOX sala 2	EQUILIBRATE sala 4		CICLO sala 3			
19:15															
19:30															
19:45															
20:00	CROSS TRAINING sala 2	PILATES sala 4	RENDIMIENTO piscina grande	CICLO sala 3	CROSS TRAINING sala 2	REND./MATRO piscina grande	CROSS TRAINING sala 2	PILATES sala 4	RENDIMIENTO piscina grande	CICLO sala 3	CROSS TRAINING sala 2	REND./MATRO piscina grande	SPARTAN BOX		
20:15															
20:30															
20:45	PERFECCIONAMIENTO piscina grande			PERFECCIONAMIENTO piscina grande			PERFECCIONAMIENTO piscina grande								
21:00															
21:15		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness	SPARTAN BOX	EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness		EXPRESS sala fitness	
21:30															



Centro Deportivo Dénia

Ajuntament de Dénia Esports

aqualia