

ACTIVIDADES FITNESS 1-17 JULIO 2025

FITNESS CARLOS RUIZ

| | | LUNES | | MARTES | | MIÉRCOLES | | JUEVES | | VIERNES | | SABADO | DOMINGO | |
|-----------------|-------|--------------|---------------|---------------|--------------|------------------------------------|---------------|---------------|------------------------------------|--------------|--------------|-------------------------|--------------|--------------|
| CUOTA | HORA | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 y 2 | SALA FITNESS | |
| M A Ñ A N A | 8:00 | | | | | | | | | | | | | |
| | 8:30 | | | | CICLO INDOOR | | | | CICLO INDOOR | | | | | |
| | 9:00 | G.A.P | | T. SUPERIOR | | G.A.P | | T. SUPERIOR | | | ABDOMEN | | | |
| | 9:30 | | TONIFICACION | | PILATES | | TONIFICACION | | PILATES | TONIFICACION | | | | |
| | 10:00 | | | | | | | | | | | | | |
| | 10:30 | PILATES | | MANTENIMIENTO | | PILATES | | MANTENIMIENTO | | | PILATES | | YOGA-PILATES | |
| | 11:00 | | | | | | | | | | | | | |
| | 11:30 | | YOGA-PILATES | | STRECHING | | YOGA-PILATES | | STRECHING | | YOGA-PILATES | | | CICLO INDOOR |
| | 12:00 | | | | | | | | | | | | | |
| | 12:30 | | | | | | | | | | | | | TONIFICACION |
| | 12:45 | | | | | | | | | | | | | |
| | 13:00 | | | | | | | | | | | | | |
| | 13:15 | | | | | | | | | | | | | |
| | 13:30 | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | |
| M E D I O D Í A | 14:00 | | | | | | | | | | | | | |
| | 14:30 | | PILATES | | | | PILATES | | | | | FITNESS EN SALA FITNESS | | |
| | 15:00 | | | | CICLO INDOOR | | PILATES | | CICLO INDOOR | | | | C | |
| | 15:30 | | | | FITNESS | | | | FITNESS | | | | E | |
| | 16:00 | | | | | | | | | | | | R | |
| | 16:30 | | | | | | | | | | | | R | |
| | 17:00 | T. SUPERIOR | | | | | T. SUPERIOR | | | | | | A | |
| C O M P L E T A | 17:30 | | MANTENIMIENTO | | YOGA-PILATES | | MANTENIMIENTO | | YOGA-PILATES | | PILATES | | D | |
| | 18:00 | | | | | | | | | | | | O | |
| | 18:30 | PILATES | | TONIFICACION | | PILATES | | TONIFICACION | | TONIFICACION | | | | |
| | 19:00 | | | | | | | | | | | | | |
| | 19:30 | | CICLO INDOOR | | PILATES | | CICLO INDOOR | | PILATES | | | | | |
| | 20:00 | | | | | | | | | | | | | |
| | 20:30 | TONIFICACION | | | | CIRCUITO FUNCIONAL EN SALA FITNESS | TONIFICACION | | CIRCUITO FUNCIONAL EN SALA FITNESS | | | | | |
| 21:00 | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | |

Horario Sala Fitness
Lunes a Viernes de 8:00 a 22:00 h. Sábado y domingo 9:00 a 14:30

ACTIVIDADES FITNESS 17-31 JULIO 2026

FITNESS CARLOS RUIZ

| | | LUNES | | MARTES | | MIÉRCOLES | | JUEVES | | VIERNES | | SABADO | DOMINGO | |
|-----------------|-------|--------------|---------------|---------------|--------------|------------------------------------|---------------|---------------|------------------------------------|--------------|--------------|-------------------------|--------------|--|
| CUOTA | HORA | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 y 2 | SALA FITNESS | |
| M A Ñ A N A | 8:00 | | | | | | | | | | | | | |
| | 8:30 | | | | CICLO INDOOR | | | | CICLO INDOOR | | | | | |
| | 9:00 | G.A.P | | T. SUPERIOR | | G.A.P | | T. SUPERIOR | | | ABDOMEN | | | |
| | 9:30 | | TONIFICACION | | PILATES | | TONIFICACION | | PILATES | TONIFICACION | | | | |
| | 10:00 | | | | | | | | | | | | | |
| | 10:30 | PILATES | | MANTENIMIENTO | | PILATES | | MANTENIMIENTO | | | PILATES | | | |
| | 11:00 | | | | | | | | | | | | | |
| | 11:30 | | YOGA-PILATES | | STRECHING | | YOGA-PILATES | | STRECHING | | YOGA-PILATES | | | |
| | 12:00 | | | | | | | | | | | | | |
| | 12:30 | | | | | | | | | | | | | |
| | 12:45 | | | | | | | | | | | | | |
| | 13:00 | | | | | | | | | | | | | |
| | 13:15 | | | | | | | | | | | | | |
| | 13:30 | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | |
| M E D I O D Í A | 14:00 | | | | | | | | | | | | | |
| | 14:30 | | PILATES | | | | PILATES | | | | | FITNESS EN SALA FITNESS | | |
| | 15:00 | | | | CICLO INDOOR | | | | CICLO INDOOR | | | C | C | |
| | 15:30 | | | | FITNESS | | | | FITNESS | | | E | E | |
| | 16:00 | | | | | | | | | | | R | R | |
| | 16:30 | | | | | | | | | | | R | R | |
| | 17:00 | T. SUPERIOR | | | | | T. SUPERIOR | | | | | A | A | |
| C O M P L E T A | 17:30 | | MANTENIMIENTO | | YOGA-PILATES | | MANTENIMIENTO | | YOGA-PILATES | | PILATES | D | D | |
| | 18:00 | | | | | | | | | | | O | O | |
| | 18:30 | PILATES | | TONIFICACION | | PILATES | | TONIFICACION | | TONIFICACION | | | | |
| | 19:00 | | | | | | | | | | | | | |
| | 19:30 | | CICLO INDOOR | | PILATES | | CICLO INDOOR | | PILATES | | | | | |
| | 20:00 | | | | | | | | | | | | | |
| | 20:30 | TONIFICACION | | | | CIRCUITO FUNCIONAL EN SALA FITNESS | TONIFICACION | | CIRCUITO FUNCIONAL EN SALA FITNESS | | | | | |
| 21:00 | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | |

Horario Sala Fitness

Lunes a Viernes de 8:00 a 22:00 h. Sábado y domingo 9:00 a 14:30