

| LUNES       |              |                  |
|-------------|--------------|------------------|
| HORARIO     | SALA         | ACTIVIDAD        |
| 7:35-8:25   | CICLO        | CICLO            |
| 8:35-8:55   | SALA FITNESS | DINAMIZACIÓN     |
| 8:35-9:25   | ESTUDIO 1    | BODY BALANCE     |
| 9:35-10:25  | ESTUDIO 2    | BODY PUMP        |
| 10:35-11:25 | ESTUDIO 1    | DANZA ORIENTAL   |
| 10:35-11:25 | PISCINA      | AQUAWELLNESS     |
| 11:35-11:55 | SALA FITNESS | DINAMIZACIÓN     |
| 12:05-12:55 | ESTUDIO 1    | YOGA             |
| 12:35-13:25 | PISCINA      | AQUAWELLNESS     |
| 14:35-15:25 | ESTUDIO 2    | BODY PUMP        |
| 14:35-15:25 | CICLO        | CICLO            |
| 15:35-16:25 | ESTUDIO 1    | PILATES ADVANCED |
| 15:35-16:25 | ESTUDIO 2    | BODY ATTACK      |
| 17:05-17:55 | ESTUDIO 1    | HATHA POWER YOGA |
| 18:05-18:55 | ESTUDIO 2    | BODY COMBAT      |
| 18:05-18:55 | ESTUDIO 1    | BODY BALANCE     |
| 19:05-19:55 | ESTUDIO 2    | BODY PUMP        |
| 19:05-19:55 | CICLO        | CICLO            |
| 19:05-19:55 | PISCINA      | AQUAWELLNESS     |
| 19:05-19:55 | OUTDOOR      | RUNNING          |
| 19:05-19:55 | ESTUDIO 1    | BALLET FIT       |
| 20:05-20:55 | ESTUDIO 1    | YOGA             |
| 20:05-20:55 | ESTUDIO 2    | ZUMBA            |
| 20:05-20:55 | CICLO        | CICLO            |
| 21:05-21:25 | SALA FITNESS | DINAMIZACIÓN     |

| MARTES      |              |                  |
|-------------|--------------|------------------|
| HORARIO     | SALA         | ACTIVIDAD        |
| 7:35-8:25   | ESTUDIO 1    | PILATES          |
| 7:35-8:25   | ESTUDIO 2    | BODY COMBAT      |
| 8:35-8:55   | SALA FITNESS | DINAMIZACIÓN     |
| 8:35-9:25   | ESTUDIO 2    | BODY PUMP        |
| 9:35-10:25  | ESTUDIO 1    | PILATES ADVANCED |
| 10:35-11:25 | ESTUDIO 2    | RITMOS LATINOS   |
| 10:35-11:25 | PISCINA      | AQUAWELLNESS     |
| 10:35-11:25 | CICLO        | CICLO            |
| 11:05-11:55 | ESTUDIO 1    | BALLET FIT       |
| 11:35-12:25 | ESTUDIO 2    | CHI-KUNG         |
| 12:25-12:55 | ESTUDIO 2    | TAICHI           |
| 12:35-13:25 | PISCINA      | AQUAWELLNESS     |
| 14:35-15:25 | OUTDOOR      | RUNNING          |
| 14:35-15:25 | ESTUDIO 2    | BODY COMBAT      |
| 14:35-15:25 | PISCINA      | AQUAWELLNESS     |
| 15:35-15:55 | SALA FITNESS | DINAMIZACIÓN     |
| 15:35-16:25 | ESTUDIO 2    | ZUMBA            |
| 15:35-16:25 | CICLO        | CICLO            |
| 17:05-17:55 | ESTUDIO 2    | PILATES          |
| 18:05-18:55 | ESTUDIO 2    | BODY ATTACK      |
| 19:05-19:55 | ESTUDIO 2    | BODY COMBAT      |
| 19:05-19:55 | CICLO        | CICLO            |
| 19:05-19:55 | ESTUDIO 1    | PILATES          |
| 20:05-20:55 | ESTUDIO 1    | BODY BALANCE     |
| 20:05-20:55 | ESTUDIO 2    | BODY PUMP        |
| 20:05-20:55 | CICLO        | CICLO            |
| 21:05-21:35 | SALA FITNESS | DINAMIZACIÓN     |
| 21:05-21:55 | ESTUDIO 1    | RITMOS LATINOS   |

| MIÉRCOLES   |              |                    |
|-------------|--------------|--------------------|
| HORARIO     | SALA         | ACTIVIDAD          |
| 7:35-8:25   | CICLO        | CICLO              |
| 8:35-8:55   | SALA FITNESS | DINAMIZACIÓN       |
| 8:35-9:25   | ESTUDIO 1    | YOGA               |
| 9:35-10:25  | ESTUDIO 2    | BODY PUMP          |
| 10:35-11:25 | ESTUDIO 1    | DANZA ORIENTAL     |
| 10:35-11:25 | PISCINA      | AQUAWELLNESS       |
| 11:35-11:55 | SALA FITNESS | DINAMIZACIÓN       |
| 11:35-12:25 | ESTUDIO 1    | SEVILLANAS         |
| 12:25-13:15 | ESTUDIO 1    | PILATES            |
| 12:35-13:25 | PISCINA      | AQUAWELLNESS       |
| 14:35-15:25 | ESTUDIO 2    | BODY ATTACK        |
| 14:35-15:25 | CICLO        | CICLO              |
| 15:35-16:25 | ESTUDIO 1    | PILATES ADVANCED   |
| 15:35-16:25 | ESTUDIO 2    | BODY PUMP          |
| 17:05-17:55 | ESTUDIO 2    | BODY BALANCE       |
| 18:05-18:55 | CICLO        | CICLO              |
| 18:05-18:55 | ESTUDIO 2    | ZUMBA              |
| 19:05-19:55 | ESTUDIO 2    | BODY PUMP          |
| 19:05-19:55 | CICLO        | CICLO              |
| 19:05-19:55 | PISCINA      | AQUAWELLNESS       |
| 19:05-19:55 | OUTDOOR      | RUNNING INICIACIÓN |
| 19:10-20:00 | ESTUDIO 1    | BALLET FIT         |
| 20:05-20:55 | ESTUDIO 2    | BODY COMBAT        |
| 20:05-20:55 | CICLO        | CICLO              |
| 20:10-21:00 | ESTUDIO 1    | YOGA               |
| 21:05-21:25 | SALA FITNESS | DINAMIZACIÓN       |

| JUEVES      |              |                  |
|-------------|--------------|------------------|
| HORARIO     | SALA         | ACTIVIDAD        |
| 7:35-8:25   | ESTUDIO 2    | BODY PUMP        |
| 8:35-8:55   | SALA FITNESS | DINAMIZACIÓN     |
| 8:35-9:25   | ESTUDIO 2    | BODY COMBAT      |
| 9:35-10:25  | ESTUDIO 1    | PILATES          |
| 10:35-11:25 | PISCINA      | AQUAWELLNESS     |
| 10:35-11:25 | CICLO        | CICLO            |
| 11:00-12:00 | ESTUDIO 2    | ZUMBA            |
| 11:35-12:25 | ESTUDIO 1    | CHI-KUNG         |
| 12:25-12:55 | ESTUDIO 1    | TAICHI           |
| 12:35-13:25 | PISCINA      | AQUAWELLNESS     |
| 14:35-15:25 | ESTUDIO 2    | BODY PUMP        |
| 14:35-15:25 | PISCINA      | AQUAWELLNESS     |
| 15:35-16:25 | ESTUDIO 1    | BALLET FIT       |
| 15:35-16:25 | ESTUDIO 2    | BODY COMBAT      |
| 15:35-16:25 | CICLO        | CICLO            |
| 17:05-17:55 | ESTUDIO 2    | PILATES          |
| 18:05-18:55 | ESTUDIO 2    | BODY COMBAT      |
| 19:05-19:55 | ESTUDIO 2    | BODY PUMP        |
| 19:05-19:55 | CICLO        | CICLO            |
| 19:05-19:55 | PISCINA      | AQUAWELLNESS     |
| 19:10-20:00 | ESTUDIO 1    | PILATES ADVANCED |
| 20:05-20:55 | ESTUDIO 1    | BODY BALANCE     |
| 20:05-20:55 | ESTUDIO 2    | BODY ATTACK      |
| 20:05-20:55 | CICLO        | CICLO            |
| 21:05-21:35 | SALA FITNESS | DINAMIZACIÓN     |

| VIERNES     |              |              |
|-------------|--------------|--------------|
| HORARIO     | SALA         | ACTIVIDAD    |
| 7:35-8:25   | CICLO        | CICLO        |
| 8:35-8:55   | SALA FITNESS | DINAMIZACIÓN |
| 8:35-9:25   | ESTUDIO 1    | PILATES      |
| 9:35-10:25  | ESTUDIO 1    | ZUMBA        |
| 10:35-11:25 | ESTUDIO 1    | BALLET FIT   |
| 11:05-11:55 | PISCINA      | AQUAWELLNESS |
| 11:35-12:25 | ESTUDIO 1    | CHI-KUNG     |
| 12:25-12:55 | ESTUDIO 1    | TAICHI       |
| 14:35-15:25 | OUTDOOR      | RUNNING      |
| 14:35-15:25 | ESTUDIO 2    | ZUMBA        |
| 14:35-15:25 | CICLO        | CICLO        |
| 15:35-15:55 | SALA FITNESS | DINAMIZACIÓN |
| 15:35-16:25 | ESTUDIO 1    | BODY BALANCE |
| 18:05-18:55 | ESTUDIO 2    | BODY PUMP    |
| 19:05-19:55 | ESTUDIO 2    | ZUMBA        |
| 19:05-19:55 | CICLO        | CICLO        |
| 20:10-21:00 | ESTUDIO 1    | PILATES      |
| 21:05-21:25 | SALA FITNESS | DINAMIZACIÓN |

| SÁBADO      |              |              |
|-------------|--------------|--------------|
| HORARIO     | SALA         | ACTIVIDAD    |
| 10:05-10:55 | PISCINA      | AQUAWELLNESS |
| 11:05-11:55 | CICLO        | CICLO        |
| 12:05-12:55 | ESTUDIO 2    | BODY PUMP    |
| 13:05-13:25 | SALA FITNESS | DINAMIZACIÓN |
| 13:05-13:55 | ESTUDIO 2    | BODY BALANCE |

| DOMINGO     |              |              |
|-------------|--------------|--------------|
| HORARIO     | SALA         | ACTIVIDAD    |
| 10:05-10:55 | ESTUDIO 2    | BODY COMBAT  |
| 11:05-11:55 | CICLO        | CICLO        |
| 12:05-12:55 | ESTUDIO 2    | BODY BALANCE |
| 13:05-13:25 | SALA FITNESS | DINAMIZACIÓN |

# Cambia tu vida, FitLife

UN NUEVO  
ESTILO DE VIDA  
PERSONALIZADO  
PARA ALCANZAR  
TUS METAS  
CON PROFESIONALES

## Clasificación de actividades cosmo

### CUERPO

**COSMO TONO**  
Intensidad

**COSMO AQUA**  
Intensidad en agua

**COSMO LÍNEA**  
Control de peso

**COSMO RITMO**  
Coreografía

### MENTE

**COSMO EQUILIBRIO**  
Relax

