

HORARIOS ESCUELA FITNESS ADULTOS

| INICIO | FINAL | SALA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|--------|-------|--------|---------------------------------|---------------------------------------|-----------------------|--------------------|-----------------------------|--------------|
| 9:10 | 10:00 | GYM | CICLO INDOOR | CICLO INDOOR A | CICLO INDOOR | CICLO INDOOR A | CICLO INDOOR | |
| 9:10 | 10:00 | SALA 2 | | | | | | |
| 9:10 | 10:00 | SALA 3 | | GAP+TONIFICACIÓN | | GAP+TONIFICACIÓN | PILATES I (NUEVA) | |
| 10:10 | 11:00 | SALA 2 | PILATES I | BODY FITNESS | PILATES I | YOGA | ZUMBA | |
| 10:10 | 11:00 | SALA 3 | PILATES II A | STRETCHING | PILATES II B | PILATES II A | PILATES II B | GAP+ZUMBA |
| 11:10 | 12:00 | SALA 2 | GAP+BEP | ZUMBA | GAP+BEP | | HIPOPRESIVOS + SPA (NUEVA) | |
| 11:10 | 12:00 | SALA 3 | GYM POSTURAL +65 | GAP +SPA | GYM POSTURAL +65 | | | BODY FITNESS |
| 11:10 | 12:00 | SPA | REHABILITACIÓN ACUÁTICA (NUEVA) | | | | | |
| 12:10 | 13:00 | SALA 2 | MASAJE INFANTIL | | | | | |
| 12:10 | 13:00 | SALA 3 | | YOGA (11.30-13) | GYM MANTENIM. | | GYM MANTENIM. | |
| 13:10 | 14:00 | SALA 3 | | | | | | |
| 14:00 | 14:50 | SALA 2 | | | | | | |
| 14:30 | 15:20 | SALA 3 | | BODY FITNESS | | CROSS F.T. | ZUMBA (15.05-15.55) | |
| 15:20 | 16:10 | SALA 3 | BODY FITNESS | CICLO INDOOR | BODY FITNESS | CICLO INDOOR | | |
| 16:00 | 16:50 | SALA 2 | | | | | | |
| 16:15 | 17:05 | SALA 3 | PILATES A I | PILATES B II | PILATES A I | PILATES B II | | |
| 17:00 | 18:00 | SPA | | | AQUAGYM (NUEVA) | | | |
| 17:10 | 18:00 | SALA 2 | | | YOGA EMBARAZO (NUEVA) | | | |
| 17:10 | 18:00 | SALA 3 | PILATES II A | PILATES II B | PILATES II A | PILATES II B | PILATES II | |
| 18:05 | 18:55 | SALA 2 | PILATES I | PILATES II (NUEVA) | PILATES I | | PILATES I (NUEVA) | |
| 18:05 | 18:55 | SALA 3 | PILATES II | LATIN DANCE | PILATES II | LATIN DANCE | | |
| 19:00 | 19:50 | SALA 2 | DANZA ORIENTAL INICIACIÓN | PILATES EMBARAZO (19.15-20.05) Sala 2 | ZUMBA | ESCUELA DE ESPALDA | | |
| 19:00 | 19:50 | SALA 3 | GAP + BEP | DANZA ORIENTAL (19.15 a 20h) | GAP +BEP | YOGA | DANZA ORIENTAL (19 a 19,55) | |
| 19:00 | 20:00 | GYM | CICLO INDOOR A | CICLO INDOOR B | CICLO INDOOR A | CICLO INDOOR B | | |
| 20:00 | 20:50 | SALA 2 | BODY FITNESS | BAILES LATINOS (20.10 a 21.00) | BODY FITNESS | BAILES SALÓN II | | |
| 20:00 | 20:50 | SALA 3 | BODY FITNESS | LATIN DANCE S-3 | BODY FITNESS | LATIN DANCE S-3 | | |
| 20:00 | 20:50 | GYM | CICLO INDOOR | CICLO INDOOR | CICLO INDOOR | CICLO INDOOR | CICLO INDOOR | |
| 21:00 | 21:50 | SALA 2 | PILATES I | HIPOPRESIVOS | PILATES II (NUEVA) | HIPOPRESIVOS | | |
| 21:00 | 21:50 | SALA 3 | PILATES II | YOGA | PILATES I | YOGA | | |
| 21:00 | 21:50 | GYM | CICLO INDOOR A | | CICLO INDOOR A | | | |

1 HORA/SEMANA

2 HORAS/SEMANA

interClub
CAJADEBURGOS

BURGOS

Jesús María Ordoño, 9
09004 Burgos
Tel. 947 270 987

> www.cajadeburgos.com

HORARIOS ESCUELA FITNESS INFANTIL

| INICIO | FINAL | SALA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|--------|-------|--------|---------------------------------------|---------------|--------------------------------|-------------------------------------|----------------|----------------------------|
| 10:10 | 11:00 | SPA | | | | | | NATACIÓN INFANTIL |
| 11:00 | 11:50 | SPA | | | | | | MATRONATACION |
| 12:00 | 13:00 | SPA | | | | | | SPA EN FAMILIA |
| 12:30 | 14:00 | COCINA | | | | | | JUNIOR CHEFS |
| 17:10 | 18:00 | SALA 2 | ZUMBA JUVENIL | YOGA INFANTIL | PILATES JUVENIL | | | |
| 17:30 | 18:20 | SPA | MATRONATACIÓN | | MATRONATACIÓN (18:00-18:50) | | | |
| 17:45 | 18:45 | COCINA | MINI CHEFS | | PEQUE CHEFS | | | |
| 18:00 | 20:00 | COCINA | | | | | | COCINA FAMILIA + ACTIVIDAD |
| 18:00 | 19:00 | SALA 2 | | | | JUDO | | |
| 18:00 | 19:00 | SALA 4 | MUSICOTERAPIA (bebés 0 a 12 meses) | AJEDREZ | | MUSICOTERAPIA (bebés 1 a 2 años) | | |
| 17:45 | 18:30 | SPA | | | | | | |
| 18:30 | 19:20 | SPA | | CICLO JUVENIL | | MATRONATACIÓN | | |
| 19:00 | 19:50 | SALA 2 | | | | | ZUMBA INFANTIL | |