

# PROGRAMA CLASES COLECTIVAS FEBRERO

## LUNES

| INICIO | FIN   | CLASE                      | PROF.    | SALA |
|--------|-------|----------------------------|----------|------|
| 7:10   | 7:55  | PUMP                       | RAMÓN    | 2    |
| 7:15   | 8:00  | CICLO INDOOR               | ÓSCAR    | 1    |
| 7:25   | 7:55  | NATACIÓN NIVEL INICIACIÓN  | FELICIA  | P    |
| 8:00   | 8:30  | NATACIÓN NIVEL INTERMEDIO  | FELICIA  | P    |
| 8:00   | 8:45  | FITNESS                    | RAMÓN    | 2    |
| 10:00  | 10:45 | GLOBAL TRAINING            | LUIS     | 2    |
| 13:25  | 14:10 | PILATES MAT WORK           | PAOLA Z. | 3    |
| 13:25  | 14:10 | HIIT                       | EDU      | H    |
| 13:30  | 14:15 | CICLO INDOOR               | ÓSCAR    | 1    |
| 13:45  | 14:15 | OMNIA TRAINING             | LUIS     | F    |
| 13:25  | 14:10 | GLOBAL TRAINING            | HUGO     | 2    |
| 14:00  | 14:45 | CLUB CORREDORES INICIACIÓN | RAMÓN    | OUT  |
| 14:00  | 14:45 | NATACIÓN NIVEL AVANZADO    | JOSÉ     | P    |
| 14:15  | 15:00 | PILATES MAT WORK           | PAOLA Z. | 3    |
| 14:20  | 15:05 | CICLO INDOOR               | EDU      | 1    |
| 14:45  | 15:15 | NATACIÓN NIVEL INTERMEDIO  | JOSÉ     | P    |
| 14:15  | 14:45 | GAP                        | HUGO     | 2    |
| 14:50  | 15:20 | ZUMBA                      | HUGO     | 2    |
| 18:20  | 18:50 | NATACIÓN NIVEL INTERMEDIO  | BARBARA  | P    |
| 18:30  | 19:30 | YOGA                       | VIRGINIA | 3    |
| 18:50  | 19:35 | CARDIOBOX                  | RAMÓN    | 2    |
| 19:00  | 19:45 | CICLO INDOOR               | KIKE B.  | 1    |
| 19:15  | 19:45 | AQUAGYM                    | BARBARA  | P    |
| 19:40  | 20:25 | PUMP                       | RAMÓN    | 2    |

## MARTES

| INICIO | FIN   | CLASE                     | PROF.     | SALA |
|--------|-------|---------------------------|-----------|------|
| 7:10   | 7:55  | FITNESS                   | RAMÓN     | 2    |
| 7:15   | 8:00  | CICLO INDOOR              | JAVIER F. | 1    |
| 7:10   | 7:55  | NATACIÓN NIVEL AVANZADO   | ANDRÉS    | P    |
| 8:00   | 8:30  | OMNIA TRAINING            | RAMÓN     | F    |
| 8:00   | 8:30  | NATACIÓN NIVEL INTERMEDIO | ANDRÉS    | P    |
| 13:25  | 14:10 | HIIT INICIACIÓN           | HUGO      | H    |
| 13:25  | 14:10 | YOGA                      | VIRGINIA  | 3    |
| 13:35  | 14:20 | CICLO INDOOR              | KIKE      | 1    |
| 13:50  | 14:20 | NATACIÓN NIVEL INTERMEDIO | JOSÉ      | P    |
| 13:50  | 14:35 | FITNESS                   | RAMÓN     | 2    |
| 14:00  | 15:00 | CLUB CORREDORES           | JAVIER L. | OUT  |
| 14:15  | 15:00 | YOGA                      | JAVIER M. | 3    |
| 14:25  | 15:10 | NATACIÓN NIVEL AVANZADO   | JOSÉ      | P    |
| 14:25  | 15:10 | CICLO INDOOR              | JAVIER F. | 1    |
| 14:25  | 15:05 | FITBOX                    | HUGO      | H    |
| 14:30  | 14:45 | TABATA                    | KIKE      | F    |
| 14:40  | 15:25 | PUMP                      | RAMÓN     | 2    |
| 18:00  | 19:00 | PILATES MAT WORK          | JAVIER L. | 3    |
| 18:20  | 19:05 | PUMP                      | ÓSCAR     | 2    |
| 19:00  | 19:30 | AQUAHIIT                  | ADRIÁN    | P    |
| 19:10  | 19:55 | GLOBAL TRAINING           | ÓSCAR     | 2    |
| 19:30  | 20:15 | CICLO INDOOR              | JAVIER F. | 1    |
| 19:35  | 20:05 | NATACIÓN NIVEL INTERMEDIO | ADRIÁN    | P    |

## MIÉRCOLES

| INICIO | FIN   | CLASE                      | PROF.    | SALA |
|--------|-------|----------------------------|----------|------|
| 7:10   | 7:55  | GLOBAL TRAINING            | ANDRÉS   | 2    |
| 7:15   | 8:00  | CICLO INDOOR               | LUIS     | 1    |
| 7:20   | 8:20  | YOGA                       | VIRGINIA | 3    |
| 7:25   | 7:55  | NATACIÓN NIVEL INICIACIÓN  | FELICIA  | P    |
| 8:00   | 8:30  | NATACIÓN NIVEL INTERMEDIO  | FELICIA  | P    |
| 10:00  | 10:45 | GLOBAL TRAINING            | LUIS     | 2    |
| 13:25  | 14:10 | CUIDA TU ESPALDA           | PAOLA Z. | 3    |
| 13:25  | 14:10 | HIIT                       | EDU      | H    |
| 13:30  | 14:15 | CICLO INDOOR               | ÓSCAR    | 1    |
| 13:45  | 14:15 | OMNIA TRAINING             | KIKE     | F    |
| 13:25  | 14:10 | GLOBAL TRAINING            | HUGO     | 2    |
| 14:00  | 14:45 | CLUB CORREDORES INICIACIÓN | RAMÓN    | OUT  |
| 14:00  | 14:45 | NATACIÓN NIVEL AVANZADO    | JOSÉ     | P    |
| 14:15  | 15:00 | PILATES MAT WORK           | PAOLA Z. | 3    |
| 14:15  | 14:30 | STRETCHING                 | KIKE     | F    |
| 14:20  | 15:05 | CICLO INDOOR               | ROSARIO  | 1    |
| 14:45  | 15:15 | NATACIÓN NIVEL INTERMEDIO  | JOSÉ     | P    |
| 14:15  | 14:45 | GAP                        | HUGO     | 2    |
| 14:50  | 15:20 | ZUMBA                      | HUGO     | 2    |
| 18:15  | 19:00 | ZUMBA                      | ROSARIO  | 2    |
| 18:20  | 18:50 | NATACIÓN NIVEL INTERMEDIO  | BÁRBARA  | P    |
| 18:30  | 19:30 | YOGA                       | VIRGINIA | 3    |
| 19:00  | 19:45 | CICLO INDOOR               | KIKE B.  | 1    |
| 19:05  | 20:05 | FITNESS                    | ROSARIO  | 2    |
| 19:15  | 19:45 | AQUAGYM                    | BÁRBARA  | P    |

## JUEVES

| INICIO | FIN   | CLASE                     | PROF.     | SALA |
|--------|-------|---------------------------|-----------|------|
| 7:10   | 8:10  | PILATES MAT WORK          | PAOLA Z.  | 3    |
| 7:15   | 8:00  | CICLO INDOOR              | JAVIER F. | 1    |
| 7:10   | 7:55  | NATACIÓN NIVEL AVANZADO   | ANDRÉS    | P    |
| 8:00   | 8:30  | NATACIÓN NIVEL INTERMEDIO | ANDRÉS    | P    |
| 13:25  | 14:10 | HIIT INICIACIÓN           | HUGO      | H    |
| 13:25  | 14:10 | YOGA                      | VIRGINIA  | 3    |
| 13:35  | 14:20 | CICLO INDOOR              | KIKE      | 1    |
| 13:50  | 14:20 | NATACIÓN NIVEL INTERMEDIO | BÁRBARA   | P    |
| 13:50  | 14:35 | GAP                       | RAMÓN     | 2    |
| 14:00  | 15:00 | CLUB CORREDORES           | JAVIER L. | OUT  |
| 14:15  | 15:00 | YOGA                      | JAVIER M. | 3    |
| 14:25  | 15:10 | NATACIÓN NIVEL AVANZADO   | BÁRBARA   | P    |
| 14:25  | 15:10 | CICLO INDOOR              | JAVIER F. | 1    |
| 14:20  | 15:05 | FITBOX                    | HUGO      | H    |
| 14:30  | 14:45 | TABATA                    | KIKE      | F    |
| 14:40  | 15:25 | PUMP                      | RAMÓN     | 2    |
| 18:00  | 19:00 | PILATES MAT WORK          | JAVIER L. | 3    |
| 18:15  | 19:00 | HIIT                      | ÓSCAR     | H    |
| 19:05  | 19:50 | PUMP                      | ÓSCAR     | 2    |
| 19:00  | 19:30 | AQUAHIIT                  | OREST     | P    |
| 19:30  | 20:15 | CICLO INDOOR              | JAVIER F. | 1    |
| 19:35  | 20:05 | NATACIÓN NIVEL INTERMEDIO | OREST     | P    |

## VIERNES

| INICIO | FIN   | CLASE                     | PROF.    | SALA |
|--------|-------|---------------------------|----------|------|
| 7:10   | 07:40 | OMNIA TRAINING            | DAVID    | F    |
| 7:15   | 8:15  | YOGA                      | VIRGINIA | 3    |
| 7:10   | 7:55  | CICLO INDOOR              | LUIS     | 1    |
| 7:15   | 7:45  | NATACIÓN NIVEL INICIACIÓN | ANDRÉS   | P    |
| 7:50   | 8:20  | NATACIÓN NIVEL INTERMEDIO | ANDRÉS   | P    |
| 7:55   | 8:40  | PUMP                      | LUIS     | 2    |
| 13:20  | 14:05 | FITNESS                   | ÓSCAR    | 2    |
| 13:30  | 14:00 | NATACIÓN NIVEL INICIACIÓN | RODRIGO  | P    |
| 14:05  | 14:50 | NATACIÓN NIVEL AVANZADO   | RODRIGO  | P    |
| 13:30  | 14:30 | PILATES MAT WORK          | PAOLA Z. | 3    |
| 13:45  | 14:30 | CICLO INDOOR              | EDU      | 1    |
| 14:10  | 14:55 | PUMP                      | ÓSCAR    | 2    |
| 18:20  | 18:50 | NATACIÓN NIVEL INTERMEDIO | OREST    | P    |
| 19:30  | 20:00 | AQUAHIIT                  | OREST    | P    |

## SÁBADO

| INICIO | FIN   | CLASE                     | PROF.  | SALA |
|--------|-------|---------------------------|--------|------|
| 10:35  | 11:05 | NATACIÓN NIVEL INTERMEDIO | ANDRÉS | P    |
| 11:00  | 11:45 | PUMP                      | ÓSCAR  | 2    |
| 12:00  | 12:45 | CICLO INDOOR              | ÓSCAR  | 1    |

## DOMINGO

| INICIO | FIN   | CLASE                     | PROF.     | SALA |
|--------|-------|---------------------------|-----------|------|
| 10:20  | 10:50 | NATACIÓN NIVEL INICIACIÓN | MARCO     | P    |
| 11:00  | 11:45 | CICLO INDOOR              | JAVIER F. | 1    |
| 12:00  | 12:45 | FITNESS                   | JAVIER F. | 2    |

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B-Well se reserva el derecho de modificación del horario.

No se podrá acceder a las clases pasados 10 min. del inicio de la sesión.

NOVEDADES

CAMBIOS

B-Well  
La Isla