



illes

Horario Clases colectivas

Illes Dona

CENTROS DE WELLNESS

www.illescw.com

ILLES se reserva el derecho a realizar cualquier posible modificación en el horario

HORARIO DE APERTURA
Lunes a viernes: 07:00 a 22:00 h
Sábados: 09:00 a 12:30 h

| | | | |
|---------------------|----------------------------|----------------------|-----------------------|
| Código colores | Activ. cardiovascular | Body training system | Tonificación muscular |
| Baile y coreografía | Act. Cardio. coreografiada | Gimnasias suaves | Actividades acuáticas |

HORARIO VERANO

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SABADO |
|-------|----------------------------|------------------------------|--|--|--------------------------------|---------------------------|
| 07:15 | BODY PUMP MARINA | ILLES CYCLING DAVID | T.I.T EVARISTO | ILLES CYCLING DAVID | GAP ALFREDO | |
| 08:15 | GAP GUILLERMO | T.I.T EVARISTO | BODY PUMP CARLOS | T.I.T GUILLERMO | T.I.T ALFREDO | |
| 08:30 | PILATES EUGENIA | ILLES CYCLING DAVID | | ILLES CYCLING DAVID | | |
| 09:15 | T.I.T EUGENIA | BODY PUMP EVARISTO | GAP AMAIA | T.I.T GUILLERMO | T.I.T ALFREDO | |
| 09:30 | | PILATES AMAIA | YOGA KIKO | ILLES CYCLING DAVID | PILATES MERCEDES | BODY PUMP SANTI |
| 10:15 | T.I.T EUGENIA | GAP EVARISTO | T.I.T CARLOS | GAP GUILLERMO | AEROBIC + ABD. AMAIA | |
| 10:30 | | | STRETCHING AMAIA | | | ILLES CYCLING SANTI |
| 11:30 | | T.I.T EVARISTO | ILLES DANCE FACTORY RITMOS EVARISTO | | FIT-BALL AMAIA | |
| 14:00 | | BODY PUMP ALFREDO | T.I.T ALFREDO | BODY COMBAT MARINA | | |
| 15:15 | GAP SERGI | | ILLES CYCLING ESMERALDA | ILLES DANCE FACTORY RITMOS EVARISTO | ILLES CYCLING ESMERALDA | |
| 15:30 | PILATES AMAIA | BTS FUSION MARINA | T.I.T ALFREDO | PILATES RAFI | BODY PUMP EDGARD | |
| 16:30 | BODY PUMP VICTOR | FIT-BALL MARINA | | GAP EVARISTO | T.I.T EVARISTO | |
| 17:30 | ILLES CYCLING JOANA | | ILLES CYCLING SANTI | | ILLES CYCLING SANTI | |
| 17:30 | | GAP MARINA | T.I.T MARINA | BODY STEP SYLVIA | | |

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SABADO |
|-------|------------------------|--|--|-------------------------|------------------------|--------------------|
| 18:30 | YOGA CRISTINA | | YOGA CRISTINA | | | |
| 18:30 | BODY STEP VICTOR | ILLES DANCE FACTORY STREET LATIN JAZZ ISRAEL | FIT-BALL MARINA | T.I.T EVARISTO | BODY PUMP SANTI | |
| 19:00 | ILLES CYCLING JOANA | PILATES MARINA | | PILATES RAFI | ILLES CYCLING JOANA | |
| 19:30 | T.I.T J.C. | BODY BALANCE SYLVIA | BODY COMBAT MARINA | BODY PUMP CARLOS | YOGA CRISTINA | BATUKA EVARISTO |
| 20:00 | | ILLES CYCLING JOANA | | ILLES CYCLING AMADOR | | |
| 20:30 | STEP J.C. | T.I.T SYLVIA | ILLES DANCE FACTORY DANCE CHOREOGRA J.C. | AEROBIC CARLOS | T.I.T EVARISTO | |
| 20:30 | | | | | | |

