



# Horario Clases colectivas

## Illes Dona

CENTROS DE WELLNESS

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### HORARIO DE APERTURA

Lunes a viernes: 07:00 a 22:00 h

Sábados: 09:00 a 13:30 h

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

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

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
18:30	YOGA CRISTINA		YOGA CRISTINA	STRECHING SILVIA		
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 SANTI	PILATES MARINA		PILATES RAFI	ILLES CYCLING JOANA	
19:30	T.I.T J.C.	BODY BALANCE EUGENIA	BODY COMBAT MARINA	BODY PUMP CARLOS	YOGA CRISTINA	T.I.T EVARISTO
20:00	ILLES DANCE FACTORY BATUKA EVARISTO	ILLES CYCLING JOANA	GAP PEDRO	ILLES CYCLING AMADOR		
20:30	STEP J.C.	T.I.T MARINA	ILLES DANCE FACTORY DANCE CHOREOGRA ALEX	AEROBIC CARLOS	BODY PUMP EVARISTO	