



Illes

Horario Clases colectivas Illes Marratxí

CENTROS DE WELLNESS

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HORARIO DE APERTURA

Lunes a viernes: 07:00 a 23:00 h

Sábados: 08:00 a 22:00 h

Domingos: 09:00 a 22:00 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			
07:15	T.I.T. YOLANDA	AQUAGYM YOLANDA	T.I.T. YOLANDA	AQUAGYM YOLANDA	BODY BALANCE SYLVIA			
07:15	INDOORWALKING SEBAS	ILLES CYCLING SEBAS	INDOORWALKING SEBAS	ILLES CYCLING SEBAS	ILLES CYCLING SEBAS			
08:15	INDOORWALKING SEBAS	ILLES CYCLING SEBAS	INDOORWALKING SEBAS	ILLES CYCLING SEBAS	BODY PUMP SYLVIA			
09:00		AQUAGYM JUANA		AQUAGYM JUAN				
09:15	AQUAGYM MANU		AQUAGYM MANU		AQUAGYM JUAN			
09:30	AEROBIC CARLOS	GAP DANIELA	T.I.T. SYLVIA	PILATES FABIÁN	ILLES DANCE FACTORY DANCE CHOREOGRAPHY ALEX	B. P. DANIELA	PILATES FABIÁN	ILLES DANCE FACTORY LATINO HUR
09:30	ILLES CYCLING JUAN PEDRO	INDOORWALKING JUAN PEDRO	ILLES CYCLING JUAN PEDRO	INDOORWALKING JUAN PEDRO	ILLES CYCLING DAVID			
10:30	FIT-BALL DANIELA	BODY BALANCE SYLVIA	T.I.T. EXTREME ISRAEL	INIC. STEP AEROBIC CARLOS	T.I.T. SYLVIA			
10:30	INDOORWALKING JUAN PEDRO	ILLES CYCLING JUAN PEDRO	INDOORWALKING JUAN PEDRO	YOGA KIKO	I.C. JUAN P.	INDOORWALKING DAVID		
12:00	BODY PUMP JUAN PEDRO		BODY PUMP DAVID					
13:15	ILLES CYCLING DAVID	INDOORWALKING DAVID	ILLES CYCLING DAVID	INDOORWALKING DAVID	ILLES CYCLING DAVID			
13:30		BODY PUMP JUAN PEDRO		BODY PUMP DANIELA				
14:15	ILLES CYCLING RAQUEL		ILLES CYCLING RAQUEL		ILLES CYCLING RAQUEL			
14:30	STEP J.C.	GAP DANIELA	BODY COMBAT DANIELA	BODY BALANCE DANIELA	T.I.T. J.C.			
15:15	AQUAGYM RAQUEL	AQUAGYM YOLANDA	YOGA JUDIT	AQUAGYM EUGENIA	AQUAGYM YOLANDA	AQUAGYM RAQUEL		
15:15	INDOORWALKING JUAN PEDRO	ILLES CYCLING MIKI	INDOORWALKING TONI	ILLES CYCLING MIKI	INDOORWALKING GORKA			
15:30	T.I.T. MARI	BODY PUMP DANIELA	ILLES DANCE FACTORY LATINO HUR	GAP ALFREDO	BODY COMBAT ROMÁN			

	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
16:15	ILLES CYCLING TONI		INDOORWALKING YOLANDA		ILLES CYCLING TONI		INDOORWALKING J.C.		ILES CYCLING TONI	
17:00	FIT-BALL J.C.		INIC. AEROBIC/STEP SYLVIA				BODY BALANCE MARI		T.I.T. CARLOS	
17:15	INDOORWALKING ÁNGELA		ILLES CYCLING YOLANDA		INDOORWALKING YOLANDA		ILLES CYCLING YOLANDA		INDOORWALKING TONI	
17:30	BODY BALANCE CARLOS		FIT-BALL J.C.		BODY COMBAT VÍCTOR		T.I.T. VÍCTOR			
18:00	BODY PUMP GABI		STRECHING SYLVIA		BODY BALANCE YOLANDA		AEROBIC DANCE J.C.		BODY PUMP ROMÁN	
18:15	ILLES CYCLING JESUS		INDOORWALKING YOLANDA		ILLES CYCLING PEDRO ACUÑA		INDOORWALKING JESÚS		ILES CYCLING JESÚS	
18:30	BODY COMBAT ROMÁN		GAP J.C.		T.I.T. VÍCTOR		BODY STEP VÍCTOR		B. B. SYLVIA	RUNNING 30' FOOTING CIRCUITO EXTERIOR
19:00	T.I.T. GABI		BODY PUMP JESÚS		STEP ISRAEL		STEP J.C.		STEP CARLOS	
19:15	ILLES CYCLING RAQUEL		ILLES CYCLING ESMERALDA	RUNNING CLUB 30' FOOTING CIRCUITO EXTERIOR	ILLES CYCLING GUTI		ILLES CYCLING JESÚS		ILLES CYCLING ESMERALDA	
19:30	STEP CARLOS		T.I.T. CATI ANA				BODY COMBAT VÍCTOR		T.I.T. SYLVIA	
19:30	PILATES NACHO				PILATES NACHO		T.I.T. FINA			
20:00	BTS FUSION ROMÁN		STEP J.C.		B. PUMP JUAN		ILLES DANCE FACTORY STREET LATIN JAZ ISRAEL		BODY PUMP ROMÁN	
20:15	AQUAGYM JOANA	I.C. GUTI	AQUAGYM ESMERALDA	INDOORWA JESUS	AQUAGYM RAQUEL	I.C. MIKI	AQUAGYM ESMERALDA	INDOORWA PEDRO	ILLES CYCLING + PEDRO	
20:30	T.I.T. GABI		B. C. CATI ANA	PILATES FABIÁN	T.I.T. ISRAEL		B. B. FINA	PILATES NACHO	ILLES DANCE FACTORY DANCE CHOREOGRAPHY ÁLEX	
21:15	B.P. DAVID	I.C. SEBAS	ILLES CYCLING SEBAS		INDOORWALKING DAVID		INDOORWALKING PEDRO			

	10:00	11:00	12:00	13:00	18:00	18:15	19:00	19:15	20:15
SABADO	T.I.T. MARI	B.P. DAVID	B.B. MARI	AQUAGYM RAQUEL	T.I.T. ÁLEX	I.C. JUAN PEDRO		INDOORWA JUAN PEDRO	
SABADO	INDOORWA PEDRO	I.C. PEDRO	I.C. DAVID				STEP WEEKEND		
DOMINGO	T.I.T. SYLVIA	B.P. DAVID	I.C. DAVID		B.P. MARI/DAVID			I.C. TONI	INDOORWA TONI
DOMINGO	INDOORWA DAVID	INDOORWA JUAN PEDRO							