

LUNES

MARTES































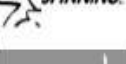




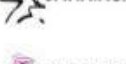





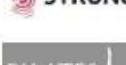











MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO

7:00	 SPINNING Virtual	INTENSITY VIRTUAL	7:00	 SPINNING Virtual	INTENSITY VIRTUAL	7:00	 SPINNING Virtual	INTENSITY VIRTUAL	7:00	 SPINNING Virtual	INTENSITY VIRTUAL	7:00	 SPINNING Virtual	INTENSITY VIRTUAL	9:30	 BODY HEALTH	ENERGY
8:00	 AQUAFITNESS	PISCINA ISA Q	8:30	 AQUAFITNESS	PISCINA ISA Q	8:00	 AQUAFITNESS	PISCINA ISA Q	8:30	 AQUAFITNESS	PISCINA EDSON	8:00	 AQUAFITNESS	PISCINA ISA Q	10:30	 SPINNING	INTENSITY
9:00	 AQUAFITNESS	PISCINA ISA Q	9:00	 TRX	POWER GINTARAS	9:00	 AQUAFITNESS	PISCINA ISA Q	9:00	 TRX	POWER GINTARAS	9:00	 AQUAFITNESS	PISCINA EDSON			
9:30	 BODY HEALTH	ENERGY ANTO	9:30	 AQUAFITNESS	PISCINA SONIA	9:30	 BODY HEALTH	ENERGY HUGO	9:30	 AQUAFITNESS	PISCINA SONIA	9:30	 BODY HEALTH	ENERGY JOSÉ M	9:30	 BODY HEALTH	ENERGY
9:30	 PILATES	POWER EDSON	9:30	 CROSS TRAINING	BOX GINTARAS	9:30	 PILATES	POWER EDSON	9:30	 CROSS TRAINING	BOX GINTARAS	9:30	 PILATES	POWER ISA Q	9:30	 BODY HEALTH	ENERGY
9:30	 SPINNING Virtual	INTENSITY VIRTUAL	9:30	 SPINNING	INTENSITY MANU	9:30	 SPINNING Virtual	INTENSITY VIRTUAL	9:30	 SPINNING	INTENSITY EDSON	9:30	 SPINNING Virtual	INTENSITY VIRTUAL	10:30	 SPINNING	INTENSITY
10:30	 SPINNING	INTENSITY EDSON	9:30	 PILATES	ENERGY ISA Q	10:30	 SPINNING	INTENSITY HUGO	9:30	 PILATES	ENERGY ANTO	10:30	 STEP	ENERGY ISA Q	10:30	 SPINNING	INTENSITY
10:30	 STRONG	ENERGY LIDIA	10:30	 GAP	POWER ISA Q	10:30	 STEP	ENERGY ISA Q	10:30	 GAP	POWER GINTARAS	10:30	 SPINNING	INTENSITY JOSÉ M			
10:30	 PILATES	POWER ISA Q	10:30	 ZUMBA fitness	ENERGY SONIA	10:30	 PILATES	POWER EDSON	10:30	 ZUMBA fitness	ENERGY SONIA						
			10:30	 SPINNING Virtual	INTENSITY VIRTUAL				10:30	 PILATES	HARMONY EDSON						
									10:30	 SPINNING Virtual	INTENSITY VIRTUAL						

A las clases de AQUAFITNESS sólo tienen acceso los socios que han abonado la tarifa de instalación completa. Es obligatorio hacer reserva previa para actividades en deporteslorca.i2a.es. La reserva tiene carácter personal e intransferible. Se puede tener hasta un máximo de dos reservas a la vez. En los festivos entre semana de apertura por la mañana, el horario de la instalación y de actividades será igual al del domingo por la mañana. Las sesiones de CROSS TRAINING F6, al realizarse en el exterior, podrán ser suspendidas por inclemencias meteorológicas. Se podrá ofrecer una actividad alternativa en el interior.

LUNES

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MIÉRCOLES

JUEVES

VIERNES

15:00	 SPINNING Virtual	INTENSITY VIRTUAL	15:00	 SPINNING Virtual	INTENSITY VIRTUAL	15:00	 SPINNING Virtual	INTENSITY VIRTUAL	15:00	 SPINNING Virtual	INTENSITY VIRTUAL	15:00	 SPINNING Virtual	INTENSITY VIRTUAL
17:00	 PILATES	ENERGY JOSÉ M	17:00	 FUNCTIONAL TRAINING	POWER PEDRO	17:00	 PILATES	ENERGY MARISA	17:00	 BODY HEALTH	ENERGY ISA Q	18:00	 PILATES	ENERGY GEORGINA
18:00	 SPINNING	INTENSITY LIDIA	17:00	 YOGA	HARMONY MARISA	18:00	 SPINNING	INTENSITY GINTARAS	17:00	 YOGA	HARMONY MARISA	19:00	 ZUMBA fitness	ENERGY LIDIA
18:00	 BODY HEALTH	ENERGY JOSÉ M	18:00	 PILATES	POWER MARISA	18:00	 BODY HEALTH	ENERGY GEORGINA	18:00	 PILATES	POWER MARISA	19:00	 SPINNING	INTENSITY EDSON
18:00	 GAP	POWER GEORGINA	18:00	 STEP	ENERGY ISA Q	18:00	 GAP	POWER DIEGO	18:00	 STEP	ENERGY LIDIA	20:00	 BODY HEALTH	ENERGY EDSON
19:00	 PILATES	HARMONY JOSÉ M	18:00	 CROSS TRAINING	BOX HUGO	19:00	 PILATES	HARMONY JOSÉ M	18:00	 CROSS TRAINING	BOX GINTARAS			
19:00	 ZUMBA fitness	ENERGY LIDIA	19:00	 SPINNING	INTENSITY HUGO	19:00	 STRONG	ENERGY LIDIA	19:00	 SPINNING	INTENSITY LIDIA			
19:00	 CROSS TRAINING	BOX GINTARAS	19:00	 CROSS TRAINING	BOX GINTARAS	19:00	 CROSS TRAINING	BOX GINTARAS	19:00	 CROSS TRAINING	BOX HUGO			
19:00	 TRX	POWER GEORGINA	19:00	 BODY HEALTH	ENERGY ANTO	19:00	 TRX	POWER GEORGINA	19:00	 BODY HEALTH	ENERGY GINTARAS			
19:30	 CORE	POWER GEORGINA	19:00	 GAP	POWER GEORGINA	19:30	 CORE	POWER GEORGINA	19:00	 GAP	POWER GEORGINA			
20:00	 CROSS TRAINING	BOX ANTO	20:00	 INTENSITY TRAINING	POWER HUGO	20:00	 CROSS TRAINING	BOX GINTARAS	20:00	 INTENSITY TRAINING	POWER GEORGINA			
20:00	 AQUAFITNESS	PISCINA LIDIA	20:00	 AQUAFITNESS	PISCINA ANTO	20:00	 AQUAFITNESS	PISCINA LIDIA	20:00	 AQUAFITNESS	PISCINA LIDIA			
20:00	 BODY HEALTH	ENERGY GEORGINA	20:00	 ZUMBA fitness	ENERGY GINT/SONIA	20:00	 BODY HEALTH	ENERGY ANTO	20:00	 ZUMBA fitness	ENERGY GINTARAS			
20:00	 SPINNING	INTENSITY MANU	20:00	 SPINNING	INTENSITY PEDRO	20:00	 SPINNING	INTENSITY MANU	20:00	 SPINNING	INTENSITY PEDRO			
21:00	 BAILES LATINOS Iniciación	ENERGY GINTARAS	21:00	 BAILES LATINOS	ENERGY GINTARAS	20:30	 BAILES LATINOS	HARMONY BELÉN	21:00	 BAILES LATINOS	ENERGY GINTARAS			

