

DEHESA DE NAVALCARBÓN



BONODEPORTE PREMIUM

A PARTIR DEL 1 DE SEPTIEMBRE

LUNES

MAÑANA

| HORARIO | SALA 1                                | SALA 2                                       | SALA CICLO                          | SALA PILATES                         |
|---------|---------------------------------------|----------------------------------------------|-------------------------------------|--------------------------------------|
| 8:00 H  |                                       |                                              | 8:15-9:00 H<br>CICLO VIRTUAL        |                                      |
| 9:00 H  | 9:15-10:00 H<br>CROSHIIT<br>NURIA     | 9:15-10:00 H<br>SUSPENSIÓN+CORE<br>GUILLERMO | 9:15-10:00 H<br>CICLO VIRTUAL       | 9:15-10:00 H<br>CUERPO MENTE<br>PURI |
| 10:00 H | 10:15-11:00 H<br>BODY PAMP<br>PURI    | 10:15-11:00 H<br>STYLE DANCE<br>ELENA        | 10:15-11:00 H<br>CICLO<br>GUILLERMO |                                      |
| 11:00 H | 11:15-11:45 H<br>STRETCHING-GUILLERMO | 11:15-12:00 H<br>SUSPENSIÓN+CORE<br>ELENA    | 11:15-12:00 H<br>CICLO VIRTUAL      |                                      |
| 12:00 H |                                       |                                              |                                     |                                      |
| 13:00 H |                                       |                                              |                                     |                                      |

MEDIODÍA

|         |  |                                    |                                |  |
|---------|--|------------------------------------|--------------------------------|--|
| 14:00 H |  | 14:30-15:15 H<br>BODY PAMP<br>EDDY |                                |  |
| 15:00 H |  |                                    | 15:30-16:15 H<br>CICLO VIRTUAL |  |
| 16:00 H |  |                                    |                                |  |

TARDE

|         |                                          |                                         |                                |                                       |
|---------|------------------------------------------|-----------------------------------------|--------------------------------|---------------------------------------|
| 17:00 H |                                          |                                         |                                |                                       |
| 18:00 H | 18:00-18:45 H<br>GLOBAL TRAINING<br>EDDY | 18:00-18:45 H<br>STYLE DANCE<br>DARÍO   | 18:00-18:45 H<br>CICLO VIRTUAL | 18:15-19:00 H<br>CUERPO MENTE<br>PURI |
| 19:00 H | 19:00-19:45 H<br>BODY PAMP<br>ALBERTO    | 19:00-19:45 H<br>FITNESS COMBAT<br>PURI | 19:00-19:45 H<br>CICLO<br>EDDY |                                       |
| 20:00 H | 20:00-20:45 H<br>HIIT<br>ALBERTO         | 19:45-20:15 H<br>STRETCHING-PURI        | 20:00-20:45 H<br>CICLO<br>EDDY |                                       |
| 21:00 H |                                          | 20:45-21:15 H<br>CX CORE-DARÍO          | 21:00-21:45 H<br>CICLO VIRTUAL |                                       |

DEHESA DE NAVALCARBÓN



BONODEPORTE PREMIUM

A PARTIR DEL 1 DE SEPTIEMBRE

MARTES

MAÑANA

| HORARIO | SALA 1                                    | SALA 2                                    | SALA CICLO                          | SALA PILATES |
|---------|-------------------------------------------|-------------------------------------------|-------------------------------------|--------------|
| 8:00 H  |                                           |                                           | 8:15-9:00 H<br>CICLO VIRTUAL        |              |
| 9:00 H  | 9:15-10:00 H<br>HIIT<br>GUILLERMO         | 9:15-10:00 H<br>CUERPO MENTE<br>ELENA     | 9:15-10:00 H<br>CICLO<br>PURI       |              |
| 10:00 H | 10:15-11:00 H<br>BODY PAMP<br>NURIA       | 10:15-11:00 H<br>LATIN DANCE<br>PURI      | 10:15-11:00 H<br>CICLO<br>GUILLERMO |              |
| 11:00 H | 11:15-12:00 H<br>GLOBAL TRAINING<br>ELENA | 11:15-12:00 H<br>SUSPENSIÓN+CORE<br>NURIA | 11:15-12:00 H<br>CICLO VIRTUAL      |              |
| 12:00 H |                                           |                                           |                                     |              |
| 13:00 H |                                           |                                           |                                     |              |

MEDIODÍA

|         |  |                                          |                                |  |
|---------|--|------------------------------------------|--------------------------------|--|
| 14:00 H |  | 14:30-15:15 H<br>SUSPENSIÓN+CORE<br>OMAR |                                |  |
| 15:00 H |  |                                          | 15:30-16:15 H<br>CICLO VIRTUAL |  |
| 16:00 H |  |                                          |                                |  |

TARDE

|         |                                       |                                             |                                |  |
|---------|---------------------------------------|---------------------------------------------|--------------------------------|--|
| 17:00 H |                                       |                                             |                                |  |
| 18:00 H | 18:00-18:45 H<br>LATIN DANCE<br>DARÍO | 18:00-18:45 H<br>CUERPO MENTE<br>EDDY       | 18:00-18:45 H<br>CICLO<br>OMAR |  |
| 19:00 H | 19:00-19:45 H<br>BODY PAMP<br>EDDY    | 19:00-19:45 H<br>SUSPENSIÓN+CORE<br>ALBERTO | 19:00-19:45 H<br>CICLO<br>OMAR |  |
| 20:00 H | 20:00-20:45 H<br>GAP<br>EDDY          | 19:45-20:15 H<br>STRETCHING-ALBERTO         | 20:00-20:45 H<br>CICLO VIRTUAL |  |
| 21:00 H |                                       |                                             | 21:00-21:45 H<br>CICLO VIRTUAL |  |

DEHESA DE NAVALCARBÓN



BONODEPORTE PREMIUM

A PARTIR DEL 1 DE SEPTIEMBRE

MIÉRCOLES

MAÑANA

| HORARIO | SALA 1                                | SALA 2                                        | SALA CICLO                          | SALA PILATES                         |
|---------|---------------------------------------|-----------------------------------------------|-------------------------------------|--------------------------------------|
| 8:00 H  |                                       |                                               | 8:15-9:00 H<br>CICLO VIRTUAL        |                                      |
| 9:00 H  | 9:15-10:00 H<br>CROSHIIT<br>GUILLERMO | 9:15-10:00 H<br>SUSPENSIÓN+CORE<br>NURIA      | 9:15-10:00 H<br>CICLO VIRTUAL       | 9:15-10:00 H<br>CUERPO MENTE<br>PURI |
| 10:00 H | 10:15-11:00 H<br>BODY PAMP<br>PURI    | 10:15-11:00 H<br>AERÓBIC-STEP<br>NURIA        | 10:15-11:00 H<br>CICLO<br>GUILLERMO |                                      |
| 11:00 H | 11:15-11:45 H<br>STRETCHING-ELENA     | 11:15-12:00 H<br>SUSPENSIÓN+CORE<br>GUILLERMO | 11:15-12:00 H<br>CICLO VIRTUAL      |                                      |
| 12:00 H |                                       |                                               |                                     |                                      |
| 13:00 H |                                       |                                               |                                     |                                      |

MEDIODÍA

|         |  |                              |                                |  |
|---------|--|------------------------------|--------------------------------|--|
| 14:00 H |  | 14:30-15:15 H<br>GAP<br>EDDY |                                |  |
| 15:00 H |  |                              | 15:30-16:15 H<br>CICLO VIRTUAL |  |
| 16:00 H |  |                              |                                |  |

TARDE

|         |                                          |                                         |                                   |                                          |
|---------|------------------------------------------|-----------------------------------------|-----------------------------------|------------------------------------------|
| 17:00 H |                                          |                                         |                                   |                                          |
| 18:00 H | 18:00-18:45 H<br>GLOBAL TRAINING<br>EDDY | 18:00-18:45 H<br>AERÓBIC-STEP<br>PURI   | 18:00-18:45 H<br>CICLO VIRTUAL    | 18:15-19:00 H<br>CUERPO MENTE<br>ALBERTO |
| 19:00 H | 19:00-19:45 H<br>BODY PAMP<br>ALBERTO    | 19:00-19:45 H<br>FITNESS COMBAT<br>EDDY | 19:00-19:45 H<br>CICLO<br>PURI    |                                          |
| 20:00 H | 20:00-20:45 H<br>CROSHIIT<br>EDDY        | 19:45-20:15 H<br>STRETCHING-PURI        | 20:00-20:45 H<br>CICLO<br>ALBERTO |                                          |
| 21:00 H |                                          |                                         | 21:00-21:45 H<br>CICLO VIRTUAL    |                                          |

DEHESA DE NAVALCARBÓN



BONODEPORTE PREMIUM

A PARTIR DEL 1 DE SEPTIEMBRE

JUEVES

MAÑANA

| HORARIO | SALA 1                                    | SALA 2                                        | SALA CICLO                          | SALA PILATES |
|---------|-------------------------------------------|-----------------------------------------------|-------------------------------------|--------------|
| 8:00 H  |                                           |                                               | 8:15-9:00 H<br>CICLO VIRTUAL        |              |
| 9:00 H  | 9:15-10:00 H<br>HIIT<br>GUILLERMO         | 9:15-10:00 H<br>CUERPO MENTE<br>ELENA         | 9:15-10:00 H<br>CICLO<br>PURI       |              |
| 10:00 H | 10:15-11:00 H<br>BODY PAMP<br>NURIA       | 10:15-11:00 H<br>LATIN DANCE<br>PURI          | 10:15-11:00 H<br>CICLO<br>GUILLERMO |              |
| 11:00 H | 11:15-12:00 H<br>GLOBAL TRAINING<br>ELENA | 11:15-12:00 H<br>SUSPENSIÓN+CORE<br>GUILLERMO | 11:15-12:00 H<br>CICLO VIRTUAL      |              |
| 12:00 H |                                           |                                               |                                     |              |
| 13:00 H |                                           |                                               |                                     |              |

MEDIODÍA

|         |  |                                    |                                |  |
|---------|--|------------------------------------|--------------------------------|--|
| 14:00 H |  | 14:30-15:15 H<br>BODY PAMP<br>OMAR |                                |  |
| 15:00 H |  |                                    | 15:30-16:15 H<br>CICLO VIRTUAL |  |
| 16:00 H |  |                                    |                                |  |

TARDE

|         |                                       |                                                                                                          |                                |  |
|---------|---------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------|--|
| 17:00 H |                                       |                                                                                                          |                                |  |
| 18:00 H | 18:00-18:45 H<br>LATIN DANCE<br>DARÍO | 18:00-19:00 H<br>CUERPO MENTE<br>EDDY                                                                    | 18:00-18:45 H<br>CICLO<br>OMAR |  |
| 19:00 H | 19:00-19:45 H<br>BODY PAMP<br>EDDY    | 19:00-19:45 H<br>SUSPENSIÓN+CORE<br>DARÍO                                                                | 19:00-19:45 H<br>CICLO<br>OMAR |  |
| 20:00 H | 20:00-20:45 H<br>GAP<br>DARÍO         | 19:45-20:15 H<br>STRETCHING-EDDY<br>20:15-20:45 H<br>HIPOPRESIVOS-EDDY<br>20:45-21:15 H<br>CX CORE-DARÍO | 20:00-20:45 H<br>CICLO VIRTUAL |  |
| 21:00 H |                                       |                                                                                                          | 21:00-21:45 H<br>CICLO VIRTUAL |  |

DEHESA DE NAVALCARBÓN



BONODEPORTE PREMIUM

A PARTIR DEL 1 DE SEPTIEMBRE

VIERNES

MAÑANA

| HORARIO | SALA 1                                | SALA 2                                    | SALA CICLO                          | SALA PILATES                          |
|---------|---------------------------------------|-------------------------------------------|-------------------------------------|---------------------------------------|
| 8:00 H  |                                       |                                           | 8:15-9:00 H<br>CICLO VIRTUAL        |                                       |
| 9:00 H  | 9:15-10:00 H<br>HIIT<br>NURIA         | 9:15-10:00 H<br>SUSPENSIÓN+CORE<br>PURI   | 9:15-10:00 H<br>CICLO VIRTUAL       | 9:15-10:00 H<br>CUERPO MENTE<br>ELENA |
| 10:00 H | 10:15-11:00 H<br>BODY PAMP<br>ELENA   | 10:15-11:00 H<br>STYLE DANCE<br>PURI      | 10:15-11:00 H<br>CICLO<br>GUILLERMO |                                       |
| 11:00 H | 11:15-11:45 H<br>STRETCHING-GUILLERMO | 11:15-12:00 H<br>SUSPENSIÓN+CORE<br>NURIA | 11:15-12:00 H<br>CICLO VIRTUAL      |                                       |
| 12:00 H |                                       |                                           |                                     |                                       |
| 13:00 H |                                       |                                           |                                     |                                       |

MEDIODÍA

|         |  |                                           |                                |  |
|---------|--|-------------------------------------------|--------------------------------|--|
| 14:00 H |  | 14:30-15:15 H<br>SUSPENSIÓN+CORE<br>DARÍO |                                |  |
| 15:00 H |  |                                           | 15:30-16:15 H<br>CICLO VIRTUAL |  |
| 16:00 H |  |                                           |                                |  |

TARDE

|         |                                                  |  |                                |  |
|---------|--------------------------------------------------|--|--------------------------------|--|
| 17:00 H |                                                  |  |                                |  |
| 18:00 H | 18:00-18:45 H<br>LATIN DANCE<br>DARÍO            |  | 18:00-18:45 H<br>CICLO VIRTUAL |  |
| 19:00 H | 19:00-19:45 H<br>BODY PAMP<br>ALBERTO            |  | 19:00-19:45 H<br>CICLO<br>PURI |  |
| 20:00 H | 20:00-20:45 H<br>ENTRENAMIENTO FUNCIONAL<br>PURI |  | 20:00-20:45 H<br>CICLO VIRTUAL |  |
| 21:00 H |                                                  |  | 21:00-21:45 H<br>CICLO VIRTUAL |  |

DEHESA DE NAVALCARBÓN



BONODEPORTE PREMIUM

A PARTIR DEL 1 DE SEPTIEMBRE

SÁBADO

MAÑANA

| HORARIO | SALA 1                                                                       | SALA 2                                        | SALA CICLO                          | SALA PILATES |
|---------|------------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------|--------------|
| 8:00 H  |                                                                              |                                               |                                     |              |
| 9:00 H  | 9:00-9:45 H<br>BODY BALANCE<br>PURI                                          |                                               | 9:00-9:45 H<br>CICLO VIRTUAL        |              |
| 10:00 H | 10:00-10:45 H<br>BODY PAMP<br>PURI                                           |                                               | 10:00-10:45 H<br>CICLO<br>GUILLERMO |              |
| 11:00 H | 11:00-11:45 H<br>STYLE DANCE<br>PURI                                         | 11:00-11:45 H<br>SUSPENSIÓN+CORE<br>GUILLERMO | 11:00-11:45 H<br>CICLO VIRTUAL      |              |
| 12:00 H | 12:00-12:30 H<br>CORE+GAP-GUILLERMO<br>12:30-13:00 H<br>STRETCHING-GUILLERMO |                                               | 12:00-12:45 H<br>CICLO VIRTUAL      |              |
| 13:00 H |                                                                              |                                               |                                     |              |

CARDIO

CICLO VIRTUAL

FUERZA

CUERPO MENTE

BONODEPORTE PREMIUM  
www.lasrozas.es

