GYM
REAL CLUB NÁUTICO TORREVIEJA

# HORARIO

## DEL 30 NOVIEMBRE AL 6 DICIEMBRE 2026

| REGISTRO |
| --- |
| 11/01/21 |
| CÓDIGO: R-8-38 |
| REVISIÓN: 01 |
| PÁGINA: 1 DE 1 |

| HORARIOS | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
| --- | --- | --- | --- | --- | --- | --- |
| 08:30 | SALA FITNESS PRE<br>YOGA | SALA FITNESS PRE<br>ENDURANCE | PILATES<br>REMO | SALA FITNESS PRE<br>C. FUNCIONAL | REMO | SALA FITNESS PRE |
| 09:30 | SALA FITNESS PRE<br>CICLO | GAP | SALA FITNESS PRE<br>C. FUNCIONAL | ENDURANCE | SALA FITNESS PRE<br>CICLO | SALA FITNESS PRE |
| 10:30 | FITNESS ORO<br>´MULTISALA´ | FITNESS ORO<br>YOGA | CICLO ORO | FITNESS ORO | FITNESS ORO<br>´MULTISALA´ | SALA FITNESS PRE |
| 11:30 | | SALA FITNESS PRE | | SALA FITNESS PRE | | SALA FITNESS PRE |
| 12:30 | | | | | | |
| 14:30 | | PILATES | | PILATES | | |
| 15:30 | CORE | | | | | |
| 17:00 | FLEX & MOVE | SALA FITNESS PRE<br>C. FUNCIONAL | C. FUNCIONAL | SALA FITNESS PRE<br>FLEX & MOVE | PILATES | |
| 18:00 | SALA FITNESS PRE | SALA FITNESS PRE<br>BODY PUMP | SALA FITNESS PRE | SALA FITNESS PRE<br>DANCE FIT | SALA FITNESS PRE<br>DANCE KIDS | |
| 19:00 | SALA FITNESS PRE<br>C. FUNCIONAL | SALA FITNESS PRE<br>CICLO | SALA FITNESS PRE<br>CICLO<br>DANCE FIT | SALA FITNESS PRE<br>BODY PUMP | SALA FITNESS PRE<br>CICLO | |
| 20:00 | REMO<br>PILATES | SALA FITNESS PRE | SALA FITNESS PRE | REMO | C. FUNCIONAL | |

**TU ENTRENAMIENTO**

TU MEJOR VERSIÓN

GYM
REAL CLUB NÁUTICO TORREVIEJA

# HORARIO

## DEL 30 NOVIEMBRE AL 6 DICIEMBRE 2026

| REGISTRO |
| --- |
| 11/01/21 |
| CÓDIGO: R-8-38 |
| REVISIÓN: 01 |
| PÁGINA: 1 DE 1 |

| HORARIOS | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 07:00 | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS |
| 08:30 | SALA FITNESS PRE<br>SALA HANGAR | SALA FITNESS PRE<br>SALA HANGAR | SALA FITNESS<br>SALA HANGAR | SALA FITNESS PRE<br>SALA HANGAR | SALA FITNESS<br>SALA HANGAR | SALA FITNESS PRE | SALA FITNESS |
| 09:30 | SALA FITNESS PRE | SALA FITNESS | SALA FITNESS PRE | SALA FITNESS | SALA FITNESS PRE | SALA FITNESS PRE | SALA FITNESS |
| 10:30 | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS PRE | SALA FITNESS |
| 11:30 | SALA FITNESS | SALA FITNESS PRE | SALA FITNESS | SALA FITNESS PRE | SALA FITNESS | SALA FITNESS PRE | SALA FITNESS |
| 12:30 | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS |
| 13:30 | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS |
| 14:30 | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | | |
| 15:30 | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | | |
| 17:00 | SALA FITNESS | SALA FITNESS PRE | SALA FITNESS | SALA FITNESS PRE | SALA FITNESS | | |
| 18:00 | SALA FITNESS PRE | SALA FITNESS PRE | SALA FITNESS PRE | SALA FITNESS PRE | SALA FITNESS PRE | | |
| 19:00 | SALA FITNESS PRE | SALA FITNESS PRE | SALA FITNESS PRE | SALA FITNESS PRE | SALA FITNESS PRE | | |
| 20:00 | SALA FITNESS | SALA FITNESS PRE | SALA FITNESS PRE | SALA FITNESS | SALA FITNESS | | |
| 21:00 | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | SALA FITNESS | | |