



HORARIO DE ACTIVIDADES COLECTIVAS

SEPTIEMBRE

HORA	LUNES	S	MARTES	S	MIERCOLES	S	JUEVES	S	VIERNES	S	SABADO
7:30	WAKE UP	FIT	WAKE UP	FIT	WAKE UP	FIT	WAKE UP	FIT	WAKE UP	FIT	
8:15	CICLO-INDOOR	2			CICLO-INDOOR	2	LES MILLS BODYCOMBAT	1	LES MILLS BODYPUMP	1	
8:30			STEP	1							
9:15			LES MILLS BODYPUMP	1			BIG DANCE	1			
9:30		1			STEP	1			CICLO-INDOOR	2	
10:00			espalda sana	1			LES MILLS BODYBALANCE	1		3	
10:15	Cardio Tonic	1			GAP	1					
10:30	QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		
10:30			ABDOMEN 15'	FIT			ABDOMEN 15'	FIT	pilates	1	LES MILLS BODYPUMP GAP
11:00			CICLO-INDOOR	2			CICLO-INDOOR	2			
11:15											ABDOMEN
11:30	ABDOMEN 15'	FIT			ABDOMEN 15'	FIT			ABDOMEN 15'	FIT	
12:00											CICLO-INDOOR
13:00											
13:45	LES MILLS BODYPUMP 30'	1	STEP	1			LES MILLS BODYCOMBAT	1			
14:00					ABDOMEN 15'	FIT			ABDOMEN 15'	FIT	
14:15											
14:30	CICLO-INDOOR	2	GAP	1	CICLO-INDOOR	2	LES MILLS BODYPUMP	1	CICLO-INDOOR	2	
15:30											
16:30	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT	
17:15			LES MILLS BODYPUMP	1							
18:00	GAP	1	YOGA	3	Cardio Tonic		YOGA	3			
18:00	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT			
18:15	CICLO-INDOOR	2	LES MILLS BODYCOMBAT	1	CICLO-INDOOR	2	LES MILLS BODYPUMP	1	GAP	1	
18:45	STEP	1			GAP	1					
19:00									LES MILLS BODYCOMBAT	1	
19:15	CICLO-INDOOR	2	CICLO-INDOOR	2	CICLO-INDOOR	2	CICLO-INDOOR	2			
19:15	ABDOMEN 15'	3	ABDOMEN 15'	3	ABDOMEN 15'	3	ABDOMEN 15'	3			
19:15			Cardio Tonic	1			BIG DANCE	1			
19:30	LES MILLS BODYBALANCE	3	pilates Y STRETCHING	3	LES MILLS BODYBALANCE	3	pilates Y STRETCHING	3	ABDOMEN 15'	FIT	
19:30	LES MILLS BODYPUMP	1			STEP	1					
20:00	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT			
20:00	QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		
20:15	CICLO-INDOOR	2			CICLO-INDOOR	2			CICLO-INDOOR	2	
20:15			STEP	1	LES MILLS BODYPUMP	1	GAP	1			
20:30	LES MILLS BODYCOMBAT	1	CICLO-INDOOR	2							
20:30			espalda sana	3			espalda sana	3			
21:00	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT			
21:00			JUSHIDO	1			JUSHIDO	1			
21:00							CICLO-INDOOR	2			
21:15					LES MILLS BODYCOMBAT	1					
21:15	STRETCHING	FIT			STRETCHING	FIT					
21:30	GAP	1	CICLO-INDOOR	2							

