

ACTIVIDADES DIARIAS

		SALAS	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
7:05	8:00	SALA 4 b		Y O G A		Y O G A	
7:15	8:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
7:15	8:00	SALA 1	BODY PUMP	BODY BALANCE	BODY PUMP	CORE	
7:15	8:00	SALA 4 b	PILATES		PILATES		
7:15	8:45	SALA 4 b					Y O G A
8:15	9:00	FITNESS	CORE	SUSPENSION DEPOR	CORE	SUSPENSION DEPOR	CORE
8:15	9:00	SALA 4 b	BODY BALANCE	PILATES	BODY BALANCE	PILATES	
9:00	10:30	SALA 4 b	Y O G A		Y O G A		Y O G A
9:05	10:00	SALA 4 b		Y O G A		Y O G A	
9:15	10:00	FITNESS	FUNCIONAL DEPOR	FIT BODY	FUNCIONAL DEPOR	FIT BODY	FUNCIONAL DEPOR
10:05	11:00	SALA 4 b		BODY BALANCE		BODY BALANCE	
10:30	11:15	SALA 4 b	PILATES		PILATES		PILATES
10:15	11:00	FITNESS	SUSPENSION DEPOR	CORE	SUSPENSION DEPOR	CORE	
11:15	12:00	FITNESS	FIT BODY	SUSPENSION DEPOR		SUSPENSION DEPOR	
11:15	12:00	SALA 4 b	BODY BALANCE	PILATES	BODY BALANCE	PILATES	BODY BALANCE
14:15	15:00	FITNESS	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	
14:15	15:00	SALA 4 b	PILATES	BODY BALANCE	PILATES	BODY BALANCE	
15:15	16:00	SALA 4 b	PILATES	PILATES	PILATES		
15:15	16:00	FITNESS	SUSPENSION DEPOR				FUNCIONAL DEPOR
16:15	17:00	SALA 4 b	PILATES	BODY BALANCE	PILATES	BODY BALANCE	
17:00	18:30	SALA 4 b			Y O G A		
17:15	18:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
17:15	18:00	SALA 1	BODY PUMP	ZUMBA	CORE	ZUMBA	
17:15	18:00	SALA 4 b	PILATES	PILATES		PILATES	
18:05	19:30	SALA 4 b	Y O G A				
18:15	19:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
18:15	19:00	SALA 1	BODY COMBAT	G A P	BODY PUMP	CORE	
18:15	19:00	FITNESS	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR	FUNCIONAL DEPOR
18:30	20:00	SALA 4 b			Y O G A		
19:15	20:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
19:15	20:00	SALA 1	CORE	BODY PUMP		BODY PUMP	
19:15	20:00	FITNESS	CROSS DEPOR		CROSS DEPOR		
19:30	21:00	SALA 4 b	Y O G A				
20:15	21:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
20:15	21:00	SALA 1	BODY PUMP	PILATES	BODY BALANCE	PILATES	

Los cursos podran verse modificados incluso ser suspendidos si no se consigue el número suficiente de inscritos ,o por otras circunstancias imprevistas.



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7:15	8:00	SALA 1	BODY PUMP	BODY BALANCE	BODY PUMP	CORE	
7:15	8:00	SALA 4 b	PILATES		PILATES		
7:15	8:45	SALA 4 b					Y O G A
8:15	9:00	FITNESS	CORE	SUSPENSION DEPOR	CORE	SUSPENSION DEPOR	CORE
8:15	9:00	SALA 4 b	BODY BALANCE	PILATES	BODY BALANCE	PILATES	
9:00	10:30	SALA 4 b	Y O G A		Y O G A		Y O G A
9:05	10:00	SALA 4 b		Y O G A		Y O G A	
9:15	10:00	FITNESS	FUNCIONAL DEPOR	FIT BODY	FUNCIONAL DEPOR	FIT BODY	FUNCIONAL DEPOR
10:05	11:00	SALA 4 b		BODY BALANCE		BODY BALANCE	
10:30	11:15	SALA 4 b	PILATES		PILATES		PILATES
10:15	11:00	FITNESS	SUSPENSION DEPOR	CORE	SUSPENSION DEPOR	CORE	
11:15	12:00	FITNESS	FIT BODY	SUSPENSION DEPOR			
11:15	12:00	SALA 4 b	BODY BALANCE	PILATES	BODY BALANCE	PILATES	BODY BALANCE
14:15	15:00	FITNESS	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	
14:15	15:00	SALA 4 b	PILATES	BODY BALANCE	PILATES	BODY BALANCE	
15:15	16:00	SALA 4 b		PILATES			
15:15	16:00	FITNESS	SUSPENSION DEPOR				FUNCIONAL DEPOR
16:15	17:00	SALA 4 b	PILATES	BODY BALANCE	PILATES		
17:00	18:30	SALA 4 b			Y O G A		
17:15	18:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
17:15	18:00	SALA 1	BODY PUMP	ZUMBA	CORE		
17:15	18:00	SALA 4 b	PILATES	PILATES		PILATES	
18:05	19:30	SALA 4 b	Y O G A				
18:15	19:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
18:15	19:00	SALA 1	BODY COMBAT	G A P	BODY PUMP	CORE	
18:15	19:00	FITNESS	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR	FUNCIONAL DEPOR
18:30	20:00	SALA 4 b			Y O G A		
19:15	20:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
19:15	20:00	SALA 1	CORE	BODY PUMP		BODY PUMP	
19:15	20:00	FITNESS	CROSS DEPOR		CROSS DEPOR		
19:30	21:00	SALA 4 b	Y O G A				
20:15	21:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
20:15	21:00	SALA 1	BODY PUMP	PILATES	BODY BALANCE	PILATES	

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