

Fitness Club

SPORT ACTIVITIES



HORA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
8:30 9:15	CICLING VIRTUAL	YOGA	CICLING VIRTUAL	YOGA	CICLING VIRTUAL		
9:30 10:15	AQUA GYM	aqua ZUMBA	AQUA GYM	aqua ZUMBA	AQUA GYM	TONO CLASSIC 10:00H	
10:30 11:15	ZUMBA fitness	LES MILLS BODYPUMP	STRETCHING CICLING VIRTUAL	LES MILLS BODYPUMP	PILATES CICLING VIRTUAL	CICLING INDOOR 11:00h	
11:30 12:15	CICLING INDOOR	CICLING INDOOR	ZUMBA fitness	CICLING INDOOR	GAP	CICLING VIRTUAL	
12:15 13:00	CICLING VIRTUAL	CICLING VIRTUAL	CICLING VIRTUAL	CICLING VIRTUAL	CICLING VIRTUAL		
15:15 16:00							
17:00 17:45	CICLING VIRTUAL	CICLING VIRTUAL	CICLING VIRTUAL	CICLING VIRTUAL			
18:00 18:45	ZUMBA fitness	GAP	LES MILLS BODYPUMP	CIRCUIT TRAINNING	LES MILLS BODYPUMP		
19:00 19:45	LES MILLS BODYPUMP CICLING VIRTUAL	ZUMBA fitness RUNNING	LATINO CICLING INDOOR	ZUMBA fitness CICLING VIRTUAL	ABD-STRETCHING 30 minutos CICLING VIRTUAL		
20:00 20:45	ABD-20 minutos CICLING INDOOR	YOGA CICLING VIRTUAL	PILATES CICLING VIRTUAL	CICLING INDOOR	CICLING INDOOR		

