ACTIVIDADES DIRIGIDAS 2018-2019

	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SÁBADO	
	SALA 1	SALA 2	SALA YOGA	SALA 1	SALA 2	SALA YOGA	SALA 1	SALA 2	SALA YOGA	SALA 1	SALA 2	SALA YOGA	SALA 1	SALA 2	SALA YOGA	SALA 2	
8:30																	8:30
9:00				Esc. Espalda						Esc. Espalda							9:00
9:30																	9:30
10:00		Esc. Espalda		Esc. Espalda				Esc. Espalda		Esc. Espalda							10:00
10:30	HIIT	Pilates			Hipop. Nv.1		HIIT	Pilates			Hipop. Nv.2						10:30
11:00																	11:00
11:30	Hipop. Nv.1	Yoga			Tai Chi		Hipop. Nv.1	Yoga			Tai Chi			Yoga		Baile mod. Adultos	11:30
12:00				Total Training						Total Training							12:00
12:30		Total Training						Total Training						Total Training		Recr. Baile Indantil	12:30
13:00					Pilates						Pilates						13:00
13:30																Baile mod. Adultos	13:30
14:00				Hipop. Nv.2 Doble						Hipop. Nv.2 Doble							14:00
14:30					Fort. Fun. Compet.						Fort. Fun. Compet.						14:30
15:00	Ent. Funcional	Spinning		Ent. Funcional			Ent. Funcional	Spinning		Ent. Funcional							15:00
15:30																	15:30
16:00																	16:00
16:30	New Line	Fitness Latino		Flamenco			New Line	Fitness Latino		Baile mod. Adultos			New Line	Fitness Latino			16:30
17:00																	17:00
17:30	HIIT	Hipop. Nv.2 Doble		Pilates	Act. Dep. Infantil	Yoga	HIIT	Hipop. Nv.2 Doble		Pilates	Act. Dep. Infantil	Yoga			Hipop. Nv.1		17:30
18:00																	18:00
18:30	Aerotonic	New Line		Ent. Funcional	Spinning		Aerotonic	New Line	Hipop. Nv.1	Ent. Funcional	Spinning		Aerotonic	New Line			18:30
19:00																	19:00
19:30	Pilates	X-Fit		Tai Chi	Pilates		Pilates	X-Fit	Hipop. Nv.2	Tai Chi	Pilates		E. Susp. TRX	X-Fit			19:30
20:00																	20:00
20:30		Ent. Funcional		Triatlón Funcional	HIIT	Yoga		Ent. Funcional		Triatlón Funcional	HIIT	Yoga					20:30
21:00																	21:00
21:30		X-Fit			Step Tonic		X-Fit	Triatlón Ciclo			Step Tonic						21:30
22:00																	22:00
22:30																	22:30