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