ACTIVIDADES DIRIGIDAS 2020-2021

	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				Espalda						Espalda							8:30
9:00					X-Fit												9:00
9:30		Espalda		Espalda				Espalda		Espalda	X-Fit						9:30
10:00					Hipop. Nv.1												10:00
10:30	HIIT	Pilates					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	Yoga	Total Training				Tai Chi	Yoga	Total Training				Tai Chi		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				Flamenco													16:30
17:00																	17:00
17:30		BODY BEACH	Hipop. Nv.1			Yoga		BODY BEACH	Hipop. Nv.1			Yoga					17:30
18:00																	18:00
18:30	Aerotonic		Hipop. Nv.1		Aerotonic	Yoga adulto	Aerotonic				Aerotonic	Yoga adulto					18:30
19:00																	19:00
19:30	Pilates	X-Fit		Tai Chi	HIIT	Pilates	Pilates	X-Fit		Tai Chi	HIIT	Pilates		X-Fit			19:30
20:00																	20:00
20:30		Ent. Funcional			Ent. Funcional triatlon	Yoga		Ent. Funcional			Ent. Funcional triatlon	Yoga					20:30
21:00																	21:00
21:30								Triatlón Ciclo									21:30
22:00																	22:00
22:30																	22:30