ACTIVIDADES DIRIGIDAS 2021-2022

	LUNES			MARTES				MIÉRCOLES			JUEVES			VIERNES			SÁBADO
	SALA 1	SALA 2	SALA YOGA	SALA 1	aire libre	SALA 2	SALA YOGA	SALA 1	SALA 2	SALA YOGA	SALA 1	aire libre	SALA 2	SALA 1	SALA 2	LA MARINA	SALA 2
8:30				Espalda							Espalda						
9:00															Pilates		
9:30	HIIT	Espalda		Espalda				HIIT	Espalda		Espalda					HIIT (La Marina)	
10:00		Pilates				Hipop. Nv.1			Pilates				Hipop. Nv.1				
10:30	Yoga							Yoga							Yoga		Baile mod. Adultos
11:00		Hipop. Nv.1		Tai Chi					Hipop. Nv.1		Tai Chi						
11:30	Yoga					Total Training		Yoga					Total Training				Recr. Baile Indantil
12:00		Total Training		Tai Chi					Total Training		Tai Chi				Total Training		
12:30	Yoga					Pilates		Yoga					Pilates				Baile mod. Juvenil
13:00																	
13:30				Hipop. Nv.2 Doble							Hipop. Nv.2 Doble						
14:00					Ent. Funcional triatlon							Ent. Funcional triatlon					
14:30	Ent. Funcional	Spinning						Ent. Funcional	Spinning								
15:00																	
15:30																	
16:00				Flamenco													
16:30																	
17:00		BODY BEACH	Hipop. Nv.1	Baile mod. Adultos			Yoga	Flamenco	BODY BEACH					BODY BEACH			
17:30																	
18:00	Aerotonic	Pilates	Hipop. Nv.1	Ent. Funcional		Aerotonic	Yoga adulto	Aerotonic	Pilates	Hipop. Nv.1	Ent. Funcional		Aerotonic	TRX			
18:30																	
19:00	Pilates	BODY BEACH		Tai Chi	HIIT	Pilates	Yoga	Pilates	BODY BEACH		Tai Chi	HIIT	Pilates	TRX			
19:30																	
20:00	TRX	Ent. Funcional				Ent. Funcional triatlon	Yoga	TRX	Ent. Funcional				Ent. Funcional triatlon				
20:30																	
21:00																	
21:30																	
22:00																	
22:30																	