ACTIVIDADES DIRIGIDAS 2023-2024

	LUNES					MARTES					MIÉRCOLES					JUEVES					VIERNES			SÁBADO
	SALA 1	SALA 2	GYM La MARINA	AIRE LIBRE	SALA YOGA	SALA 1	SALA 2	GYM La Marina	AIRE LIBRE	SALA YOGA	SALA 1	SALA 2	GYM La MARINA	AIRE LIBRE	SALA YOGA	SALA 1	SALA 2	GYM La Marina	AIRE LIBRE	SALA YOGA	SALA 1	SALA 2	LA MARINA	SALA 2
8:00																								
8:30		BODY BEACH 8.00-9,00				Espalda 8.30-9.00						BODY BEACH 8.00-9,00				Espalda 8.30-9.00						BODY BEACH 8.00-9,00		
9:00																								
9:30	Espalda 9.30-10.00	Pilates 9.00-10.00	HIIT 9.30-10.30			Espalda 9.30-10.00					Espalda 9.30-10.00	Pilates 9.00-10.00	HIIT 9.30			Espalda 9.30-10.00						Pilates 9.00-10.00		
10:00	Yoga 10.00-11.00	Pilates 10.00-11.00					Hipop. Nv.1 10.00-11.00				Yoga 10.00-11.00	Pilates 10.00-11.00	10.30				Hipop. Nv.2 10.00-11.00						HIIT 9.30 10.30	
10:30																								
11:00	Yoga 11.00-12.00	Hipop. Nv.1 11.00-12.00				Tai Chi 11.00-12.00					Yoga 11.00-12.00	Hipop. Nv.1 11.00-12.00				Tai Chi 11.00-12.00						Yoga 11.00-12.00		balletfit 10.30-11.30
11:30																								Baile mod. Adultos 11.30-12.30
12:00		Total Training 12.00-13.00		Yoga 12.00-13.00		Tai Chi 12.00-13.00	Total Training 11.30-12.30					Total Training 12.00-13.00		Yoga 12.00-13.00			Total Training 11.30-12.30					Total Training 12.00-13.00		
12:30																								fitflamc 12.30-13.30
13:00							Pilates 12.30-13.30										Pilates 12.30-13.30							
13:30																								
14:00						Hipop. Nv.2 Doble 13.30-14.30										Hipop. Nv.2 Doble 13.30-14.30								
14:30									Ent. Funcional triatlon										Ent. Funcional triatlon					
15:00	Ent. Funcional 14.30-15.30	Spinning 14.30-15.30				Ent. Funcional 14.30-15.30					Ent. Funcional 14.30-15.30	Spinning 14.30-15.30				Ent. Funcional 14.30-15.30								
15:30																								
16:00																								
16:30																								
17:00																								
17:30		BODY BEACH 17.00-18.00			Hipop. Nv.1 17.00-18.00	fitflamc 17.00-18.00				Yoga 17.00-18.00		BODY BEACH 17.00-18.00			Hipop. Nv.1 17.00-18.00	fitflamc 17.00-18.00				Yoga 17.00-18.00	BODY BEACH 17.00-18.00			
18:00																								
18:30	Aerotonic 18.00-19.00	Pilates 18.00-19.00			Hipop. Nv.1 18.00-19.00	Ent. Funcional 18.00-19.00	Aerotonic 18.00-19.00			Yoga 18.00-19.00	Aerotonic 18.00-19.00	Pilates 18.00-19.00			Hipop. Nv.1 18.00-19.00	Ent. Funcional 18.00-19.00	Aerotonic 18.00-19.00			Yoga 18.00-19.00	TRX 18.00-19.00			
19:00																								
19:30	Pilates 19.00-20.00	BODY BEACH 19.00-20.00				Tai Chi 19.00-20.00	Pilates 19.00-20.00		HIIT 19.00-20.00	Yoga 19.00-20.00	Pilates 19.00-20.00	BODY BEACH 19.00-20.00				Tai Chi 19.00-20.00	Pilates 19.00-20.00		HIIT 19.00-20.00	Yoga 19.00-20.00	TRX 19.00-20.00			
20:00																								
20:30	TRX 20.00-21.00	Ent. Funcional 20.00-21.00				Baile mod. Adultos 20.00-21.00	Ent. Funcional triatlon 20.00-21.00			Yoga 20.00-21.00	TRX 20.00-21.00	Ent. Funcional 20.00-21.00				Baile mod. Adultos 20.00-21.00	Ent. Funcional triatlon 20.00-21.00			Yoga 20.00-21.00				
21:00																								
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22:00																								
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