

OFERTA DE ACTIVIDADES 24H SIMÓN ARANDA, VALLADOLID



LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA
10:00	BIKE VIRTUAL	BK	10:00	BIKE VIRTUAL	BK	10:00	BIKE VIRTUAL	BK	10:00	BIKE VIRTUAL	BK	10:00	BIKE VIRTUAL	BK
10:00	ZUMBA	1	10:00	BODY PUMP VIRTUAL	1	10:00	BODY COMBAT	1	10:00	ZUMBA	1	10:00	GAP VIRTUAL	1
10:00	SYNRGY	SF							10:45	BODY COMBAT VIRTUAL	1			
10:30	FLEX	SF												
10:45	BODY PUMP	1				10:45	YOGA	1						
11:00	BIKE VIRTUAL	BK	11:00	BIKE VIRTUAL	BK	11:00	BIKE VIRTUAL	BK	11:00	BIKE VIRTUAL	BK	11:00	BIKE VIRTUAL	BK
12:00	BIKE VIRTUAL	BK	12:00	BIKE VIRTUAL	BK	12:00	BIKE VIRTUAL	BK	12:00	BIKE VIRTUAL	BK	12:00	BIKE VIRTUAL	BK
13:00	BIKE VIRTUAL	BK	13:00	BIKE VIRTUAL	BK	13:00	BIKE VIRTUAL	BK	13:00	BIKE VIRTUAL	BK	13:00	BIKE VIRTUAL	BK
14:00	BIKE VIRTUAL	BK	14:00	BIKE VIRTUAL	BK	14:00	BIKE VIRTUAL	BK	14:00	BIKE VIRTUAL	BK	14:00	BIKE VIRTUAL	BK
18:00	BIKE VIRTUAL	BK	18:00	BIKE VIRTUAL	BK	18:00	BIKE VIRTUAL	BK	18:00	BIKE VIRTUAL	BK	18:00	BIKE VIRTUAL	BK
18:45	HIOPRESIVOS	1												
19:00	BIKE VIRTUAL	BK	19:00	PILATES	1	19:00	ZUMBA	1	19:00	YOGA	1			
19:00	BIKE VIRTUAL	BK	19:00	BIKE VIRTUAL	BK	19:00	BIKE VIRTUAL	BK	19:00	BIKE VIRTUAL	BK	19:00	BIKE VIRTUAL	BK
19:30	BODY PUMP	1												
			19:45	BURN	1				19:45	BODY COMBAT	1			
20:00	BIKE VIRTUAL	BK	20:00	BIKE VIRTUAL	BK	20:00	BODY PUMP	1	20:00	BIKE VIRTUAL	BK	20:00	BIKE VIRTUAL	BK
20:15	GAP	1	20:15	CORE 360	1	20:00	BIKE VIRTUAL	BK	20:00	BIKE VIRTUAL	BK			
			20:15	SYNRGY	SF				20:30	CROSS TRAINING	SF			
20:45	ZUMBA	1				20:45	GAP	1						
						20:45	CORE	SF						
21:00	BIKE VIRTUAL	BK	21:00	BIKE VIRTUAL	BK	21:00	BIKE VIRTUAL	BK	21:00	BIKE VIRTUAL	BK	21:00	BIKE VIRTUAL	BK