

OFERTA ACTIVIDADES DIRIGIDAS SUPERA24 A CORUÑA



| LUNES | | | MARTES | | | MIÉRCOLES | | | JUEVES | | | VIERNES | | |
|-------|--------------|------|--------|----------------|------|-----------|--------------|------|--------|----------------|------|---------|--------------|------|
| HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA |
| | | | 09:30 | SYNRGY 360 | SF | 09:30 | SYNRGY 360 | SF | 09:30 | SYNRGY 360 | SF | 09:30 | SYNRGY 360 | SF |
| 10:00 | BODY PUMP | S1 | 10:00 | PILATES | S1 | 10:00 | YOGA | S1 | 10:00 | PILATES | S1 | 10:00 | CORE | SF |
| 12:00 | BIKE VIRTUAL | S1 | 12:00 | BIKE VIRTUAL | S1 | 12:00 | BIKE VIRTUAL | S1 | 12:00 | BIKE VIRTUAL | S1 | 12:00 | BIKE VIRTUAL | S1 |
| 13:00 | BIKE VIRTUAL | S1 | 13:00 | BIKE VIRTUAL | S1 | 13:00 | BIKE VIRTUAL | S1 | 13:00 | BIKE VIRTUAL | S1 | 13:00 | BIKE VIRTUAL | S1 |
| 17:30 | BIKE VIRTUAL | S1 | 17:30 | BIKE VIRTUAL | S1 | 17:30 | BIKE VIRTUAL | S1 | 17:30 | BIKE VIRTUAL | S1 | 17:30 | BIKE VIRTUAL | |
| 18:30 | PILATES | S1 | 18:30 | | | 18:30 | PILATES | S1 | 18:30 | | | 18:30 | | |
| 19:00 | SYNRGY 360 | SF | 19:00 | SYNRGY 360 | SF | 19:00 | SYNRGY 360 | SF | 19:00 | SYNRGY 360 | SF | 19:00 | BIKE VIRTUAL | |
| 19:00 | | | 19:00 | PILATES | S1 | 19:00 | | | 19:00 | PILATES | S1 | 19:00 | | |
| 19:30 | CORE | SF | 19:30 | CORE | SF | 19:30 | CORE | SF | 19:30 | CORE | SF | 19:30 | | |
| 19:30 | GAP | S1 | 19:30 | | | 19:30 | GAP | S1 | 19:30 | | | 19:30 | | |
| 19:45 | FLEX | F1 | 19:45 | FLEX | F1 | 19:45 | FLEX | SF | 19:45 | FLEX | SF | 19:45 | | |
| 20:00 | BURN | S1 | 20:00 | CROSS TRAINING | S1 | 20:00 | BURN | S1 | 20:00 | CROSS TRAINING | S1 | 20:00 | BIKE VIRTUAL | |
| 20:00 | SYNRGY 360 | SF | 20:00 | SYNRGY 360 | SF | 20:00 | SYNRGY 360 | SF | 20:00 | SYNRGY 360 | SF | 20:00 | | |
| | | | 20:30 | ZUMBA | S1 | | | | | | | | | |
| 20:30 | CORE | SF | 20:30 | CORE | SF | 20:30 | CORE | SF | 20:30 | CORE | SF | 20:30 | | |
| 20:45 | FLEX | SF | 20:45 | FLEX | SF | 20:45 | FLEX | SF | 20:45 | FLEX | SF | 20:45 | | |