

## OFERTA DE ACTIVIDADES SUPERA 24 H NERVIÓN 23/10/2023



| LUNES |                |      | MARTES |               |      | MIÉRCOLES |              |      | JUEVES |             |      | VIERNES |              |      |
|-------|----------------|------|--------|---------------|------|-----------|--------------|------|--------|-------------|------|---------|--------------|------|
| HORA  | ACTIVIDAD      | SALA | HORA   | ACTIVIDAD     | SALA | HORA      | ACTIVIDAD    | SALA | HORA   | ACTIVIDAD   | SALA | HORA    | ACTIVIDAD    | SALA |
| 10:00 | PILATES        | S1   | 10:30  | PILATES       | S1   | 09:00     | YOGA V       | S1   | 10:30  | PILATES     | S1   | 9:30    | GAP VIRTUAL  | S1   |
| 10:45 | GAP            | SF   | 11:15  | SYNRGY        | SF   | 10:00     | GAP          | S1   | 11:15  | SYNRGY      | SF   | 10:15   | PILATES VIRT | S1   |
| 11:15 | CORE           | SF   |        |               |      | 10:30     | CORE         | S1   |        |             |      |         |              |      |
|       |                |      |        |               |      | 10:45     | FLEX         | S1   |        |             |      |         |              |      |
| 12:00 | BIKE VIRTUAL   | SB   | 12:00  | B. PUMP V     | S1   | 11:30     | BIKE VIRTUAL | SB   | 12:00  | GAP VIRTUAL | S1   | 11:30   | BIKE VIRTUAL | SB   |
| 13:00 | GAP VIRTUAL    | S1   | 13:00  | CORE 360 VIRT | S1   |           |              |      | 12:45  | B. PUMP V   | S1   |         |              |      |
| 18:45 | CROSS TRAINING | S1   | 18:30  | GAP           | S1   | 18:45     | GAP          | SF   | 18:45  | BODY PUMP   | S1   |         |              |      |
| 19:15 | PILATES        | S1   | 19:00  | PILATES       | S1   | 19:15     | BODY PUMP    | S1   | 19:30  | PILATES     | S1   |         |              |      |
| 20:00 | CORE           | S1   | 19:45  | BODY PUMP     | SF   | 20:00     | YOGA         | S1   |        |             |      |         |              |      |
| 20:15 | GAP            | S1   | 20:30  | CORE          | S1   |           |              |      | 20:15  | GAP         | S1   |         |              |      |
| 20:45 | SYNRGY         | SF   | 20:45  | SYNRGY        | SF   | 20:45     | CORE 360     | S1   | 20:45  | SYNRGY      | SF   |         |              |      |