

OFERTA DE ACTIVIDADES SUPERA 24H SALAMANCA



LUNES			MARTES			MIERCOLES			JUEVES			VIERNES	
HORA	SALA 1	SALA BIKE	HORA	SALA 1	SALA BIKE	HORA	SALA 1	SALA BIKE	HORA	SALA 1	SALA BIKE	HORA	SALA BIKE
09:00		GAP VIRTUAL	09:00		BIKE VIRTUAL	09:00		GAP VIRTUAL	09:00		BIKE VIRTUAL	09:00	BP VIRTUAL
10:15	BODY PUMP		10:00			10:00	CROSS TRAINING		10:00		BP VIRTUAL	10:00	
10:30		YOGA VIRTUAL	10:30		CORE 360 VIRTUAL	10:30	GAP	BC VIRTUAL	10:30			10:30	FLEX VIRTUAL
11:00	BURN	BC VIRTUAL	11:00		BP VIRTUAL	11:00	PILATES	BIKE VIRTUAL	11:00		PILATES VIRTUAL	11:00	GAP & CORE VIRTUAL
11:30	GAP	BIKE VIRTUAL	12:00		FLEX VIRTUAL	12:00		CORE 360 VIRTUAL	12:00		BIKE VIRTUAL	12:00	YOGA VIRTUAL
18:00	BURN		18:15	BURN	BC VIRTUAL	18:15	GAP		18:00	PILATES	BP VIRTUAL		
18:30	CROSS TRAINING	CORE 360 VIRTUAL	18:45	CROSS TRAINING		18:45	BURN	GAP VIRTUAL	18:45	GAP			
19:00	GAP	BP VIRTUAL	19:15	GAP	GAP VIRTUAL	19:15	CROSS TRAINING	PILATES VIRTUAL	19:15	BURN	BC VIRTUAL		
19:30	YOGA		19:45	BURN	FLEX VIRTUAL	19:45	BIKE		19:45	CROSS TRAINING			
20:15	BIKE		20:15	BODY PUMP	BIKE VIRTUAL	20:30	HIPOPRESIVOS		20:15	BODY PUMP	GAP VIRTUAL		

DINAMIZACIONES



LUNES		MARTES		MIERCOLES		JUEVES		VIERNES	
HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD
19.30	CORE								
19.00	SYNRGY					18.45	SYNRGY		
		19.15	SYNRGY	19.15	CORE				
		19.45	CORE	19.45	SYNRGY	19.45	CORE		