

OFERTA DE ACTIVIDADES S24 PALENCIA



LUNES			MARTES			MIERCOLES			JUEVES			VIERNES		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA
09:00	BODY PUMP 45'	S1	09:00	GAP	S1	09:00	BIKE	SB	09:00	CORE	SF	09:00	BODY PUMP 45'	S1
			09:30	BURN	S1				09:30	SYNRGY	SF			
10:00	PILATES	S1	10:00	BIKE VIRTUAL	SB	10:00	FLEX	SF	10:00	YOGA	S1	10:00	FLEX	SF
11:00	BIKE VIRTUAL	SB				11:00	BIKE VIRTUAL	SB				11:00	BIKE VIRTUAL	SB
			12:00	BIKE VIRTUAL	SB				12:00	BIKE VIRTUAL	SB			
14:15	BIKE VIRTUAL	SB				15:00	BIKE VIRTUAL	SB	14:15	BIKE VIRTUAL	SB	15:00	BIKE VIRTUAL	SB
			16:00	BIKE VIRTUAL	SB									
17:30	PILATES	S1	18:00	BIKE	SB	18:00	YOGA	S1	18:00	BURN	S1	18:00	BIKE	SB
18:30	GAP	S1	18:30	BIKE VIRTUAL	SB	18:30	CORE	SF	18:30	GAP	S1			
19:00	BODY PUMP 45'	S1	19:00	BODY COMBAT 45'	S1	18:45	BIKE	SB	19:00	BODY PUMP 45'	S1	19:00	GAP	S1
19:30	BIKE VIRTUAL	SB				19:30	GAP	S1	19:30	CORE	SF	19:30	SYNRGY	SF
20:00	CORE	SF	20:00	GAP	S1	20:00	BODY PUMP 45'	S1	19:45	FLEX	SF	20:00	CORE	SF
20:30	FLEX	SF	20:30	CORE	SF	20:30	BIKE VIRTUAL	SB	20:00	BIKE	SB			