



HORARIO DE ACTIVIDADES DIRIGIDAS

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD
09.15	PILATES								
10.00	CORE	10.00	CORE	10.00	CORE	10.00	CORE	10.00	CORE
10.00	GLUTE & DANCE	10.00	BODY COMBAT	10.00	BODY PUMP	10.00	PILATES	10.15	CROSSTRAINING
10.30	SYNRGY 360	10.30	SYNRGY 360	10.30	SYNRGY 360	10.30	SYNRGY 360		
		10.45	FLEX	10.45	FLEX	10.45	GAP		
						11.15	FLEX		
19.00	PILATES	19.00	PILATES			19.00	PILATES		
				19.30	BODY COMBAT				
		19.45	GLUTE & DANCE			19.45	ZUMBA		
20.00	BODY PUMP								
20.00	SYNRGY 360	20.00	SYNRGY 360	20.00	SYNRGY 360	20.00	SYNRGY 360		
20.30	CORE	20.30	CORE	20.30	CORE	20.30	CORE		
		20.30	GAP			20.30	GAP		
		21.00	ZUMBA						