

OFERTA DE ACTIVIDADES S24 ALBACETE



LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA
09:00	BIKE XPRESS	SB	09:15	CORE	SF	09:00	BIKE XPRESS	SB	09:15	CORE	SF	09:15	SYNRGY	SF
09:30	BODY PUMP	S1		GLUTE & DANCE	S1	09:30	BODY PUMP	S1		BODY COMBAT	S1		BURN	S1
10:15	FLEX	SF	10:15	YOGA	S1	10:15	FLEX	SF	10:15	FLEX	SF	10:15	FLEX	S1
11:00	BIKE VIRTUAL	SB	11:30	BIKE VIRTUAL	SB	11:00	BIKE VIRTUAL	SB	11:30	BIKE VIRTUAL	SB	11:00	BIKE VIRTUAL	SB
14:15	BIKE VIRTUAL	SB												
			15:00	BIKE VIRTUAL	SB	15:00	BIKE VIRTUAL	SB	14:15	BIKE VIRTUAL	SB	15:00	BIKE VIRTUAL	SB
17:00	BIKE VIRTUAL	SB	17:00	BIKE VIRTUAL	SB	17:00	BIKE VIRTUAL	SB	17:00	BIKE VIRTUAL	SB	18:00	BIKE VIRTUAL	SB
17:45	SYNRGY	SF	17:45	CORE	SF	18:00			17:45	GLUTE & DANCE	S1			
18:15	GLUTE & DANCE	S1	18:00	BODY COMBAT	S1		BODY PUMP	S1	18:30	BIKE XPRESS	SB			
19:00	PILATES	S1	19:00	YOGA	S1	19:00	PILATES	S1	19:00	FLEX	S1			
19:30	BIKE VIRTUAL	SB	19:45	SYNRGY	SF	19:45	CORE	SF	19:30	BIKE VIRTUAL	SB	20:00	BIKE VIRTUAL	SB
19:45	BODY PUMP	S1							19:45	BODY PUMP	S1			
20:30	FLEX	SF	20:30	BIKE VIRTUAL	SB	20:30	BIKE VIRTUAL	SB	20:30	FLEX	SF			