



ACTIVIDADES DIRIGIDAS

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
08:30	Bike virtual					08:30	Bike virtual		
09:00		09:00	Bike virtual	09:00		09:00		09:00	
10.30	yoga	10.30	Synrgy 360	10.30	GAP	10.30	Body Pump	10.30	Pilates
11.00		11.00	Bike	11.00	CORE 360	11.15	Flex	11.00	
14.30	Synrgy 360	14.30	Body Pump	14.30	GAP	14.30	Pilates	14.30	Body Pump/Burn
14.30	Body Combat	14.30		14.30		14.30	Bike	14.30	Bike virtual
15.00	Bike virtual			15.00	CORE 15´	15.15	CORE virtual 15´		
17.00		17.00		17.00	Bike virtual	17.00		17.0	
17.30	Bike virtual	17.30		17.30		17.30	Bike virtual	17.30	
18.00		18.00	Bike virtual	18.00	Synrgy 360	18.00		18.00	
18.30	CORE 360	18.30	Synrgy 360	18.30	CORE 360	18.30	GAP	18.30	
19.00	Pilates	19.00		19.00	Pilates	19.00	Body Pump 45	19.00	Bike virtual
19.15		19.15	Bike	19.15		19.15		19.15	
19.45	Body Pump 45	19.45		19.45	Burn	19.45	CORE 360	19.45	
20.00		20.00	Flex	20.00	Bike virtual	20.00	Bike virtual	20.00	
20.30	Bike virtual	20.30		20.30		20.30		20.30	