



HORARIO DE ACTIVIDADES DIRIGIDAS

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD
09.00	CROSSTRAINING	09.00	GAP	09.00	CROSSTRAINING	09.00	GAP		
09.30	SYNRGY 360	09.30	SYNRGY 360	09.30	SYNRGY 360	09.30	SYNRGY 360	09.30	SYNRGY 360
10.00	PILATES	10.00	PILATES	10.00	PILATES	10.00	PILATES	10.00	CORE
13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL
		17.30	HIIT			17.30	HIIT		
18.00	CROSSTRAINING			18.00	CROSSTRAINING				
18.30	CORE I	18.30	CORE II	18.30	CORE III	18.30	CORE IV		
		18.30	PILATES			18.30	PILATES		
19.00	CROSSTRAINING			19.00	HIIT				
19.00	SYNRGY 360	19.00	SYNRGY 360	19.00	SYNRGY 360	19.00	SYNRGY 360		
		19.30	CORE II			19.30	CORE IV		
19.30	GAP	19.30	CROSSTRAINING	19.30	GAP	19.30	HIIT		
20.00	SYNRGY 360	20.00	SYNRGY 360	20.00	SYNRGY 360	20.00	SYNRGY 360		
20.30	CORE I	20.30	CORE II	20.30	CORE III	20.30	CORE IV		