

# PROGRAMA DE ACTIVIDADES DIRIGIDAS

Válido desde 19 de julio 2010

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:30h - 8:30h	SPINNING	SPINNING		SPINNING		SPINNING		
7:30h - 8:30h	PISCINA		AQUA BODY					
8:00h - 9:15h	ESTUDIO I					TAI-CHI MARCIAL		
8:30h - 09:00h	SALA FITNESS	ABDOMEN INTENSE		ABDOMEN INTENSE	GAP EXPRESS			
9:30h - 10:30h	ESTUDIO I		PILATES I					
10:30h - 11:30h	ESTUDIO 2			DANZA ORIENTAL		RITMOS LATINOS		
10:30h - 11:30h	PISCINA	AQUA BODY			AQUA BODY		AQUA BODY	
10:30h - 11:45h	ESTUDIO I					TAI-CHI EQUILIBRIO		
10:30h - 11:30h	SPINNING		SPINNING					
11:30h - 12:30h	SPINNING				SPINNING			SPINNING
11:30h - 12:00h	SALA FITNESS						ABDOMEN INTENSE	
11:30h - 12:45h	ESTUDIO I		TAI-CHI RELAX		TAI-CHI ENERGIA			
12:00h - 13:00h	SPINNING						SPINNING	
13:00h - 13:30h	ESTUDIO I						STRETCHING EXPRESS	
14:30h - 15:30h	SPINNING	SPINNING		SPINNING		SPINNING		
14:30h - 15:30h	ESTUDIO 2		BODY PUMP		BODY COMBAT			
14:30h - 15:30h	PISCINA		AQUA BODY					
15:00h - 16:00h	ESTUDIO I	PILATES 2		PILATES 2				
15:00h - 15:30h	PISCINA					AQUA BODY		
15:30h - 16:30h	SPINNING		SPINNING		SPINNING			
15:30h - 16:00h	SALA FITNESS	ABDOMEN INTENSE		ABDOMEN INTENSE				
15:30h - 16:30h	ESTUDIO I					BODY BALANCE		
15:30h - 16:30h	PISCINA	AQUA BODY			AQUA BODY			
17:30h - 18:30h	ESTUDIO I		PILATES I		PILATES I			
18:00h - 19:00h	ESTUDIO I			DANZA ORIENTAL				
18:00h - 19:30h	ESTUDIO I					DANZA ORIENTAL		
18:30h - 19:30h	SPINNING	SPINNING		SPINNING		SPINNING		
18:30h - 19:30h	ESTUDIO I				DANZA ORIENTAL			
18:30h - 19:30h	ESTUDIO 2	BODY PUMP	BODY COMBAT		BODY PUMP			
19:00h - 20:00h	SPINNING		SPINNING		SPINNING			
19:00h - 20:00h	ESTUDIO I	YOGA						
19:00h - 20:00h	PISCINA		AQUA BODY					
19:30h - 20:30h	ESTUDIO 2	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP			
19:30h - 20:30h	PISCINA	AQUA BODY		AQUA BODY				
19:30h - 20:30h	SPINNING	SPINNING		SPINNING		SPINNING		
19:30h - 20:30h	ESTUDIO I				BODY BALANCE	FLAMENCO		
20:00h - 21:00h	SPINNING		SPINNING		SPINNING			
20:00h - 21:00h	ESTUDIO I			YOGA				
20:30h - 21:00h	SALA FITNESS		CIRCUIT EXPRESS		ABDOMEN 30'			
20:30h - 21:30h	SPINNING	SPINNING		SPINNING				
20:30h - 21:30h	ESTUDIO I	PILATES I				RITMOS LATINOS		
21:00h - 22:00h	SPINNING		SPINNING		SPINNING			

ACTIVIDADES WELLNESS	CUERPO	Wellness TONO	Intensidad
		Wellness LÍNEA	Control de peso
		Wellness RITMO	Coreografía
	MENTE	Wellness EQUILIBRIO	Relax

