

Horarios Fitness

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
Mañana						08:00	Cerrado
09:30	Cycling	Hatha Yoga	Cycling	Step	Cycling	10:00 Iniciación Aero Yoga	
	Core (30')	Step	Core (30')		Gap		
10:30	Activate Pump	Gap	Fitball Training	Funcional	TRX		
	Aero Yoga Fit	Pole Dance		Hatha Yoga		Pole Dance	
11:30		Pole Dance	Aero Yoga Fit	Pole Dance			
Tarde						13:00	
17:00				Iniciación Aero Yoga		Cerrado	
18:00	Cycling	Gap	TRX	Fitball Training	Cycling		
	Pole Dance		Core (30')		Funcional		
	Funcional		Pole Dance		Pole Dance		
	Hatha Yoga		Hatha Yoga				
19:00	Activate Pump	Fitball Training	Cycling	Gap	Core (30')		
	Pole Dance				Pole Dance		

Horario Centro Deportivo

Lunes a Viernes
08:00 - 21:00 H

Sábados
08:00 - 13:00 H

Domingos
Cerrado

Soy Activer

