

# HORARIO

**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**



**MAÑANA**



09:30	FULL BODY	08:30	GIMNASIA DE MAYORES	09:30	CICLO CIRCUIT	08:30	GIMNASIA DE MAYORES	09:30	GAP
	AGUA DE MAYORES	09:30	CICLO INDOOR		AGUA DE MAYORES	09:30	CICLO INDOOR		AGUA DE MAYORES
10:30	PILATES	10:30	FITBALL DANCE	10:30	PILATES	10:30	FITBALL DANCE	10:30	AQUA MUSIC
	AQUATRaining				AQUATRaining				CORE+T.E.
11:30	HIIT	11:30	CORE+T.E.	11:30	CIRCUIT TRAINING	11:30	HIIT		

**TARDE**

17:00	PILATES	17:00	CIRCUIT TRAINING	17:00	PILATES	17:00	FULL BODY	17:00	PILATES
18:00	FULL BODY	18:00	FITBALL DANCE	18:00	GAP	18:00	FITBALL DANCE	18:00	CICLO INDOOR
19:00	CICLO INDOOR	19:00	CICLO INDOOR	19:00	CICLO INDOOR	19:00	CICLO INDOOR	19:00	GAP
20:00	HIIT	20:00	FULL BODY	20:00	GAP	20:00	FULL BODY	20:00	CIRCUIT TRAINING
	AQUATRaining						AQUATRaining		
21:00	CIRCUIT TRAINING	21:00	CICLO CIRCUITO	21:00	CIRCUIT TRAINING	21:00	BUTT EXTREME		
	AFAC						AFAC		

# HORARIO

**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**



**MAÑANA**



09:30	FULL BODY	08:30	GIMNASIA DE MAYORES	09:30	CICLO CIRCUIT	08:30	GIMNASIA DE MAYORES	09:30	GAP
	AGUA DE MAYORES	09:30	CICLO INDOOR		AGUA DE MAYORES	09:30	CICLO INDOOR		AGUA DE MAYORES
10:30	PILATES	10:30	FITBALL DANCE	10:30	PILATES	10:30	FITBALL DANCE	10:30	AQUA MUSIC
	AQUATRaining				AQUATRaining				CORE+T.E.
11:30	HIIT	11:30	CORE+T.E.	11:30	CIRCUIT TRAINING	11:30	HIIT		

**TARDE**

17:00	PILATES	17:00	CIRCUIT TRAINING	17:00	PILATES	17:00	FULL BODY	17:00	PILATES
18:00	FULL BODY	18:00	FITBALL DANCE	18:00	GAP	18:00	FITBALL DANCE	18:00	CICLO INDOOR
19:00	CICLO INDOOR	19:00	CICLO INDOOR	19:00	CICLO INDOOR	19:00	CICLO INDOOR	19:00	GAP
20:00	HIIT	20:00	FULL BODY	20:00	GAP	20:00	FULL BODY	20:00	CIRCUIT TRAINING
	AQUATRaining						AQUATRaining		
21:00	CIRCUIT TRAINING	21:00	CICLO CIRCUITO	21:00	CIRCUIT TRAINING	21:00	BUTT EXTREME		
	AFAC						AFAC		