

HORARIO DE ACTIVIDADES DIRIGIDAS

A partir del 22 de enero de 2018

Tarifa básica 39 €/mes
Contacto: 964 23 63 05

ACTIVIDADES CUERPO Y MENTE
ACTIVIDADES TONIFICACIÓN
ACTIVIDADES DE CARDIO

SENIOR
ENTRENAMIENTO FUNCIONAL



Lunes		Martes		Miércoles		Jueves		Viernes	
7:30-8:15	FUNCIONAL	7:30-8:15	QUEMAGRASA	7:30-8:15	CORE TRAINING	7:30-8:15	QUEMAGRASA	7:30-8:15	TRX
9:30-10:30	CROSSFITNESS	9:30-10:30	CROSSFITNESS	9:30-10:30	CROSSFITNESS	9:30-10:30	CROSSFITNESS	9:30-10:30	CROSSFITNESS
9:30-10:30	YOGA	10:30-11:15	TRX	9:30-10:30	YOGA	10:30-11:15	TRX	9:30-10:30	YOGA
10:30-11:15	FUNCIONAL SENIOR	11:30-12:30	PILATES GR	10:30-11:15	FUNCIONAL SENIOR	11:30-12:30	PILATES GR	10:30-11:15	FUNCIONAL SENIOR
11:30-12:30	CROSSFITNESS	11:30-12:30	CROSSFITNESS	11:30-12:30	CROSSFITNESS	11:30-12:30	CROSSFITNESS	11:30-12:30	CROSSFITNESS
13:30-14:15	QUEMAGRASA	13:30-14:15	FUNCIONAL	13:30-14:15	QUEMAGRASA	13:30-14:15	CORE TRAINING	13:30-14:15	TRX
14:30-15:30	CROSSFITNESS	14:30-15:30	QUEMAGRASA	14:30-15:30	CROSSFITNESS	14:30-15:30	QUEMAGRASA	14:30-15:30	CROSSFITNESS
14:30-15:30	CICLO INDOOR	14:30-15:30	PUMP	14:30-15:30	CICLO INDOOR	14:30-15:30	PUMP	14:30-15:30	GAP
15:30-16:15	FUNCIONAL	15:30-16:15	CORE TRAINING	15:30-16:15	TRX	15:30-16:15	GAP	15:30-16:15	QUEMAGRASA
17:30-18:30	QUEMAGRASA	17:45-18:45	GAP	17:30-18:15	CORE TRAINING	17:45-18:45	GAP	17:00-18:00	PILATES INICIACIÓN
18:30-19:15	CORE TRAINING	17:45-18:45	PILATES AVANZADO	18:30-19:30	STRETCHING	18:30-19:30	CROSSFITNESS	17:30-18:15	CORE TRAINING
18:30-19:30	PILATES INICIACIÓN	18:30-19:30	CROSSFITNESS	18:45-19:15	FUNCIONAL	18:45-19:45	PILATES AVANZADO	18:30-19:30	CROSSFITNESS
19:30-20:30	CROSSFITNESS	18:45-19:45	PILATES AVANZADO	19:30-20:30	CROSSFITNESS	19:30-20:15	CORE TRAINING	19:30-20:30	CROSSFITNESS
19:45-20:45	PILATES	19:30-20:15	CORE TRAINING	19:30-20:30	PILATES	19:45-20:45	CICLO INDOOR	20:30-21:30	GAP
20:30-21:30	FUNCIONAL	19:45-20:45	CICLO INDOOR	20:30-21:30	YOGA	20:30-21:30	CROSSFITNESS		
		20:30-21:30	CROSSFITNESS	20:30-21:30	QUEMAGRASA				

HORARIO BAÑO LIBRE

Lunes		Martes		Miércoles		Jueves		Viernes	
10:00-13:15	BANO LIBRE	07:00-09:15	BANO LIBRE	10:00-13:15	BANO LIBRE	07:00-09:15	BANO LIBRE	10:00-13:15	BANO LIBRE
16:30-17:30	BANO LIBRE	13:30-14:30	BANO LIBRE	16:30-17:30	BANO LIBRE	13:30-14:30	BANO LIBRE	16:30-17:30	BANO LIBRE
		21:00-22:00	BANO LIBRE			21:00-22:00	BANO LIBRE		