

DICIEMBRE 2021

HOURS	LUNES MONDAY MONTAG	MARTES TUESDAY DIENSTAG	MIERCOLES WEDNESDAY MITTWOCH	JUEVES THURSDAY DONNERSTAG	VIERNES FRIDAY FREITAG	SABADO SATURDAY SAMSTAG	DOMINGO SUNDAY SONNTAG
08:00 / 09:00							
08:30 / 09:00					GAP 30		
08:30 / 09:30			SPIN & FIT 30'+30'				
09:00 / 10:00	YOGA [Satynanda]			YOGA [Satynanda]		YOGA [Satynanda]	
09:30 / 10:30	GROUP CYCLING	BODY PUMP	PILATES				CROSSTRaining
10:00 / 11:00						GROUP CYCLING	
10:30 / 11:10	AQUAFITNESS	ESPALDA SANA 45'	AQUAFITNESS	ESPALDA SANA 45'	AQUAFITNESS		GROUP CYCLING
11:10 / 11:50							
11:00 / 12:00						BODY PUMP	
11:30 / 12:30							PILATES
12:00 / 13:00						PILATES	
13:30 / 14:30	CROSSTRaining	GROUP CYCLING	CROSSTRaining	GROUP CYCLING	SPIN & FIT 30'+30'		
14:30 / 15:30							
16:00 / 17:00			YOGA [Satynanda]				
16:30 / 17:00		GAP 30					
17:00 / 18:00	PILATES	AQUAFITNESS	PILATES	AQUAFITNESS	PILATES		
		ZUMBA		ZUMBA			
17:30 / 18:30						AQUAFITNESS	ESPALDA SANA 45'
18:00 / 18:30				CIRCUIT TRAINING 30'			
18:00 / 19:00	BODY PUMP	YOGA [Satynanda]	BODY PUMP	YOGA [Satynanda]	BODY PUMP		
		LES MILLS CORE		LES MILLS CORE	YOGA [Satynanda]		
19:00 / 20:00	CROSSTRaining	PILATES	CROSSTRaining	PILATES	CROSSTRaining		
20:00 / 21:00		CROSSTRaining		CROSSTRaining			