

MAYO 2021

Actividades en interior: **6 personas**

Actividades exterior: **15 personas**



HOURS	LUNES MONDAY / MONTAG	MARTES TUESDAY / DIENSTAG	MIÉRCOLES WEDNESDAY / MITTWOCH	JUEVES THURSDAY / DONNERSTAG	VIERNES FRIDAY / FREITAG	SABADO SATURDAY / SAMSTAG	DOMINGO SUNDAY / SONNTAG
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	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS		
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)	YOGA (Satynanda)				
		GAP 30					
16:00 / 16:30							
16:30 / 17:00				GAP 30			
17:00 / 18:00	PILATES	ZUMBA	PILATES	ZUMBA	PILATES		
17:30 / 18:15							ESPALDA SANA 45'
17:30 / 18:30						AQUAFITNESS	
18:00 / 18:30		CIRCUIT TRAINING 30'		CIRCUIT TRAINING 30'			
18:00 / 19:00	BODY PUMP		BODY PUMP		BODY PUMP		
					YOGA (Satynanda)		
19:00 / 20:00	CROSSTRaining	AQUAFITNESS	CROSSTRaining	AQUAFITNESS	CROSSTRaining		
		PILATES		PILATES			
20:00 / 21:00		CROSSTRaining		CROSSTRaining			
21:00 / 22:00							