



DICIEMBRE 2019

HOURS	LUNES MONDAY / MONTAG	MARTES TUESDAY / DIENSTAG	MIERCOLES WEDNESDAY / MITTVOCH	JUEVES THURSDAY / DONNERSTAG	VIERNES FRIDAY / FREITAG	SABADO SATURDAY / SAMSTAG	DOMINGO SUNDAY / SONNTAG
07:30 / 08:00							
08:00 / 09:00	YOGA (Satynanda)			YOGA (Vinyasa)			
08:30 / 09:00					GAP 30'		
08:30 / 09:30			SPIN & FIT 30'+30'				
09:00 / 10:00						YOGA (Satynanda)	
09:30 / 10:00							
09:30 / 10:30	GROUP CYCLING	BODY PUMP	PILATES				CROSSTRaining
10:00 / 11:00						GROUP CYCLING	
10:30 / 11:30	AQUAFITNESS	ESQUENA SANA 45'	AQUAFITNESS	ESQUENA SANA 45'	AQUAFITNESS		GROUP CYCLING
11:00 / 12:00						BODY PUMP	
11:30 / 12:30			ZUMBA				
12:00 / 13:30							
13:30 / 14:30	CROSSTRaining	GROUP CYCLING	CROSSTRaining	GROUP CYCLING	SPIN & FIT 30'+30'		
14:30 / 15:30							
16:00 / 17:00			YOGA (Satynanda)				
16:00 / 16:30							
16:30 / 17:00		GAP 30'		GAP 30'			
17:00 / 18:00	PILATES	ZUMBA	PILATES	ZUMBA	PILATES		
17:30 / 18:30						AQUAFITNESS	
18:00 / 18:30		SUSPENSIÓN FIT 30'		SUSPENSIÓN FIT 30'			
18:00 / 19:00	BODY PUMP		BODY PUMP		BODY PUMP		
19:00 / 20:00	GROUP CYCLING	YOGA (Vinyasa)	CROSSTRaining	YOGA (Vinyasa)	YOGA (Satynanda)		
		AQUAFITNESS		AQUAFITNESS			
		PILATES		PILATES			
20:00 / 21:00	CROSSTRaining	CROSSTRaining	GROUP CYCLING	CROSSTRaining	CROSSTRaining		
21:00 / 22:00							

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