

Horario de actividades

AADD MISLATA DESDE EL 1/10

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado	Domingo	
08:30	BODYPUMP SALA 1 60'		FIT SHAPERS SALA 1 45'		PILATES SALA 1 55'			08:30
09:30	CYCLING SALA CICLO 50' PILATES SALA 1 55'	BODYPUMP SALA 1 60'	CYCLING SALA CICLO 50' BODYCOMBAT SALA 1 60'	BODYPUMP SALA 1 50'	CYCLING SALA CICLO 50'			09:30
10:30	ZUMBA SALA 1 50'	LES MILLS C... SALA 1 45'		PILATES SALA 1 55'				10:30
10:35			BODYBALAN... SALA 1 50'					10:35
11:25			DANCE SALA 1 50'					11:25
13:30	QUICK CORE SALA 1 30'		QUICK CORE SALA 1 30'					13:30
17:00				HATHA YOGA SALA 1 50'				17:00
17:15	HBX BOXING SALA 1 40'		PILATES SALA 1 45'					17:15
18:00	GAP SALA 1 50' CYCLING SALA CICLO 50'	BODYPUMP SALA 1 50' CYCLING SALA CICLO 50'	CYCLING SALA CICLO 50' GRIT SERIES SALA 1 30'		BODYPUMP SALA 1 60'			18:00
18:05				FIT SHAPERS SALA 1 45'				18:05
18:40			LES MILLS C... SALA 1 30'					18:40
19:00	CYCLING SALA CICLO 50'	CYCLING SALA CICLO 50' BODYBALAN... SALA 1 60'	CYCLING SALA CICLO 50'	CYCLING SALA CICLO 50'	BODYCOMBAT SALA 1 60'			19:00
19:05	BODYPUMP SALA 1 55'			ZUMBA SALA 1 50'				19:05
19:10			BODYCOMBAT SALA 1 60'					19:10
20:00	ZUMBA SALA 1 50'	QUICK CIRC... SALA 1 45'		BODYPUMP SALA 1 60'				20:00
20:15			QUICK CORE SALA 1 30'					20:15
21:00	QUICK CORE SALA 1 30'							21:00