

Horario de Actividades Dirigidas - Marzo 2010

HORAS	SALAS	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
07:15-08:15h	CICLO		CICLO INDOOR		CICLO INDOOR JC	
10:00-10:45h	PISCINA		AQUATONO EVI		AQUATONO EVI	
13:15-14:00	SALA 3					PILATES JC
14:15-15:00h	PISCINA					AQUATONO JC
14:15-14:45h	FITNESS	CARDIO				
14:45-15:15h	SALA 1	ABDOMINALS JC				
14:15-15:15h	CICLO		CICLO INDOOR JC		CICLO INDOOR JC	
14:15-15:15h	SALA 1			CARDIO PUMP 3 JC		
18:30-19:30h	SALA 1	PILATES JC	ONE DANCE SCHOOL	G.A.P JC	ONE DANCE SCHOOL	CARDIO PUMP Amalia
	FITNESS		CIRCUITO QUEMA GRASAS Matias		CIRCUITO QUEMA GRASAS Matias	
	DVV	CHI-KUNG Dani		CHI-KUNG Dani		
19:30-20:30h	SALA 1	STEP-AEROBIC JC	ONE DANCE SCHOOL	AERODANCE JC	ONE DANCE SCHOOL	
	SALA 3		G.A.P. Amalia		PILATES JC	
	CICLO		CICLO INDOOR JC		CICLO INDOOR Amalia	CICLO INDOOR Amalia
	FITNESS	ABDOMINALES Matias	CIRCUITO QUEMA GRASAS Matias	ABDOMINALES Matias	CIRCUITO QUEMA GRASAS Matias	
19:40-20:25	PISCINA	AQUAEROBIC Amalia		AQUATONO Amalia		
20:30-21:30h	CICLO	CICLO INDOOR Amalia		CICLO INDOOR Amalia		
	SALA 1		CARDIO PUMP Amalia		INTENSIVE CORE 30' JC	
	PISCINA				AQUATONO Amalia	
	FITNESS	ABDOMINALES Matias	ABDOMINALES Matias	ABDOMINALES Matias		ABDOMINALES Matias

*La Escuela de Baile: One Dance School se cobra a parte. Mensualidad de 40 euros.