



VECINDARIO

LUNES A VIERNES: 06:00 - 23:00 | SÁBADOS: 08:00 - 15:00

	Lunes	Martes	Miércoles	Jueves	Viernes
6:00					
8:00					
9:30	SPINNING	SPINNING		SPINNING	SPINNING
10:00					
10:30	TOTAL TRAINING	PILATES	ESPALDA SANA	PILATES	STRETCHING
11:00					
12:00					
13:00					
14:00					
15:00					
16:00					
17:00					
17:15		PILATES		PILATES	
17:30	FUNCIONAL TRAINING		FUNCIONAL TRAINING		
18:00					FUNCIONAL TRAINING
18:05		ZUMBA		ZUMBA	
18:30	FUNCIONAL TRAINING		FUNCIONAL TRAINING		
19:00	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING
19:20		TOTAL TRAINING		ESPALDA SANA	STRETCHING
19:30	FUNCIONAL TRAINING		FUNCIONAL TRAINING		
20:00					
20:30					
21:00					
22:00					

■ SALA ACTIVIDADES ■ SALA SPINNING