

# HORARIO

ACTIVIDADES  
COLECTIVAS

# 2023

HORA	LUNES	HORA	MARTES	HORA	MIERCOLES	HORA	JUEVES	HORA	VIERNES
9:30	<b>LES MILLS BODYPUMP</b> Sala 1 Spinning VIRTUAL Sala Bike	9:30	<b>STAGES CYCLING</b> Sala Bike GAP Cúbeos Abdominales Piernas Sala 1	9:30	<b>LES MILLS BODYPUMP</b> Sala 1 Spinning VIRTUAL Sala Bike	9:30	<b>STAGES CYCLING</b> Sala Bike GAP Cúbeos Abdominales Piernas Sala 1	9:30	<b>LES MILLS BODYPUMP</b> Sala 1
10:30	<b>ZUMBA</b> Sala 1 Spinning VIRTUAL Sala Bike	10:30	Pilates Sala 1 Spinning VIRTUAL Sala Bike	10:30	<b>ZUMBA</b> Sala 1 Spinning VIRTUAL Sala Bike	10:30	Pilates Sala 1 Spinning VIRTUAL Sala Bike	11:00	Spinning VIRTUAL Sala Bike
11:00	Spinning VIRTUAL Sala Bike			11:00	Spinning VIRTUAL Sala Bike			11:00	Spinning VIRTUAL Sala Bike
		17:00	FITBALL			17:00	BALANCE Nudos		
18:00	<b>LES MILLS BODYPUMP</b> Sala 1 Spinning VIRTUAL Sala Bike	18:00	workout Sala 1 Spinning VIRTUAL Sala Bike	18:00	<b>LES MILLS BODYPUMP</b> Sala 1 Spinning VIRTUAL Sala Bike	18:00	workout Sala 1 Spinning VIRTUAL Sala Bike	18:00	<b>LES MILLS BODYPUMP</b> Sala 1
19:15	<b>ZUMBA</b> Sala 1 <b>STAGES CYCLING</b> Sala Bike	19:15	Pilates Sala 1 <b>STAGES CYCLING</b> Sala Bike	19:15	<b>ZUMBA</b> Sala 1 <b>STAGES CYCLING</b> Sala Bike	19:15	Pilates Sala 1 <b>STAGES CYCLING</b> Sala Bike	19:15	Spinning VIRTUAL Sala Bike
20:00	Core 15' Sala 1	20:00	Glúteo Pierna 15' Sala 1	20:00	Core 15' Sala 1	20:00	Glúteo Pierna 15' Sala 1		
20:30	<b>LES MILLS BODYPUMP</b> Sala 1 Spinning VIRTUAL Sala Bike	20:30	Actividad ROTACIÓN Gym nudos Sala 1 Spinning VIRTUAL Sala Bike	20:30	<b>LES MILLS BODYPUMP</b> Sala 1 Spinning VIRTUAL Sala Bike	20:30	Actividad ROTACIÓN Gym nudos Sala 1 Spinning VIRTUAL Sala Bike		

