

ACTIVIDADES VERANO 2024

LUNES				MARTES				MIERCOLES				JUEVES				VIERNES			
9:00	ZUMBA	60'	EVA	8:00	SPINNING	60'	IZARNE	9:00	ZUMBA	60'	EVA	8:00	SPINNING	60'	IZARNE				
9:15	PILATES	60'	MOI	9:15	FUNCIONAL	45'	IZARNE	9:15	PILATES	60'	MOI	9:15	CROSTRANING	45'	ELISA	9:30	BODY PUMP	60'	ELISA
10:00	GAP	45'	EVA	9:20	PILATES	60'	ELISA	10:00	GAP	45'	EVA	9:20	BODY PUMP	60'	IZARNE	10:30	PILATES	60'	ELISA
10:20	TRX-CORE	45'	MOI	10:15	AQUAFITNESS	45'	IZARNE	10:20	STRETCHING	45'	MOI	9:30	YOGA	45'	YOJANEL				
				10:30	BODY PUMP	45'	ELISA					10:15	AQUAFITNESS	45'	IZARNE				
												10:30	PILATES	45'	ELISA				
				17:10	FUNCIONAL	45'	IZARNE	17:15	BODY PUMP	60'	ELISA/ MON								
17:15	BODY PUMP	60'	ELISA	17:15	TRX CORE	45'	MOI	18:20	PILATES	60'	ELISA/MON	17:15	STRETCHING	45'	MOI				
18:20	PILATES	60'	IZARNE	18:00	BODY COMBAT	60'	IZARNE	18:30	YOGA	60'	YOJANEL	18:00	BODY COMBAT	60'	IZARNE	18:00	BODY PUMP	60'	MONICA
18:30	GAP	45'	MOI	19:15	BODY PUMP	60'	ELISA	18:30	CROSTRANING	45'	MOI	18:15	CROSTRANING	45'	ELISA	19:00	SPINNING	60'	MONICA
19:20	ZUMBA	45'	MOI	18:00	SPINNING	60'	IBON / OSCAR	19:20	ZUMBA	45'	MOI	19:15	BODY PUMP	60'	ELISA				
19:15	SPINNING	60'	IZARNE	19:00	SPINNING	60'	IBON / OSCAR	19:15	SPINNING	60'	IZARNE	18:00	SPINNING	60'	IBON / OSCAR				
19:30	PILATES	60'	ELISA	19:30	PILATES	60'	MOI	19:30	PILATES	60'	YOJANEL	19:00	SPINNING	60'	IBON / OSCAR				
19:45	AQUAFITNESS	45'	MONICA					19:45	AQUAFITNESS	45'	MONICA	19:30	PILATES	60'	MOI				
20:15	SPINNING	60'	IZARNE					20:15	SPINNING	60'	IZARNE								

AQUABIDE