

PROGRAMA DE ACTIVIDADES DIRIGIDAS MAYO 2019

HORARIO	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORARIO
7:00-7:45	MOVE		BODYPUMP 45'		BODYPUMP 45'	BODYCOMBAT 45'			7:00-7:45
7:00-7:30	FITNESS		GRAVITY*						7:00-7:30
7:00-7:30	FUNCIONAL	HIIT TRAINING*		HIIT TRAINING*	CROSS TRAINING*				7:00-7:30
7:00-7:45	WATTS	CICLO INDOOR		CICLO INDOOR					7:00-7:45
7:00-8:00	FIGHT	KRAV MAGA	BOXEO	KRAV MAGA	BOXEO				7:00-8:00
7:45-8:00	MOVE	ABD 15'							7:45-8:00
10:00-10:30	ZEN	SMALL YOGA*			SMALL PILATES*				10:00-10:30
10:00-10:30	FUNCIONAL		CROSS TRAINING*						10:00-10:30
10:00-10:30	FITNESS				GRAVITY*				10:00-10:30
10:30-11:00	OUTDOOR		RUNNING*			RUNNING*			10:30-11:00
10:30-11:30	MOVE		PILATES	PILATES					10:30-11:30
10:30-11:15	WATTS	CICLO VIRTUAL			CICLO VIRTUAL	CICLO VIRTUAL		CICLO VIRTUAL	10:30-11:15
11:30-12:15	WATTS		CICLO INDOOR	CICLO VIRTUAL			CICLO VIRTUAL	CICLO VIRTUAL	11:30-12:15
11:30-12:00	FUNCIONAL		HIIT TRAINING*		HIIT TRAINING*				11:30-12:00
11:30-12:30	MOVE	BODYBALANCE			BODYBALANCE	PILATES	BODYPUMP		11:30-12:30
12:30-13:30	MOVE						ZUMBA		12:30-13:30
13:00-13:30	FITNESS			GRAVITY*					13:00-13:30
13:00-13:30	FUNCIONAL	CROSS TRAINING*	HIIT TRAINING*		HIIT TRAINING*				13:00-13:30
13:00-14:00	MOVE	BODYPUMP	ZUMBA	GAP	BODYCOMBAT				13:00-14:00
14:00-15:00	MOVE		BODYBALANCE						14:00-15:00
14:00-14:45	WATTS	CICLO INDOOR		CICLO INDOOR	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	14:00-14:45
17:00-17:30	OUTDOOR		RUNNING*		RUNNING*				17:00-17:30
17:00-17:45	WATTS		CICLO VIRTUAL		CICLO VIRTUAL		CICLO VIRTUAL	CICLO VIRTUAL	17:00-17:45
17:00-18:00	MOVE			MOVE KIDS					17:00-18:00
17:00-17:30	FUNCIONAL	FUNCIONAL 30'							17:00-17:30
17:30-19:00	FIGHT	DEF. PERSONAL				DEF. PERSONAL			17:30-19:00
18:00-18:30	ZEN		SMALL YOGA*		ESCUELA ESPALDA	SMALL PILATES*			18:00-18:30
18:00-18:45	WATTS			CICLO INDOOR					18:00-18:45
18:00-19:00	MOVE	ZUMBA	BODYPUMP		PILATES	BODYCOMBAT			18:00-19:00
18:30-20:00	FIGHT		BOXEO		BOXEO				18:30-20:00
18:45-19:00	MOVE			ABD 15'					18:45-19:00
19:00-19:30	FITNESS		GRAVITY*			GRAVITY*			19:00-19:30
19:00-19:45	WATTS				CICLO INDOOR				19:00-19:45
19:00-20:00	MOVE	BODYPUMP	ATTACK 30/COMBAT 30	BODYPUMP		BODYBALANCE			19:00-20:00
19:30-20:00	FUNCIONAL	HIIT TRAINING*	FUNCIONAL 30'	CROSS TRAINING*	HIIT TRAINING*				19:30-20:00
20:00-20:30	ZEN	SMALL PILATES*			SMALL YOGA*				20:00-20:30
20:00-20:30	FUNCIONAL	CROSS TRAINING*			FUNCIONAL 30'				20:00-20:30
20:00-21:00	MOVE		PILATES	ZUMBA					20:00-21:00
20:00-20:45	WATTS	CICLO INDOOR				CICLO VIRTUAL			20:00-20:45
21:00-21:30	WATTS		CICLO VIRTUAL		CICLO VIRTUAL				21:00-21:30
21:00-21:30	MOVE			GAP 30'					21:00-21:30
21:00-22:00	MOVE	BODYBALANCE							21:00-22:00

* Small Group Class: actividades reducidas sujetas a cuotas WEIGHT LOSS, TOTAL MOVE, BODY&MIND, FIGHT MOVE O RUNNING MOVE


 Control de peso

 Cuerpo y mente

 Tonificación

 Baile y coreografía

 Artes marciales

 Clases "Small Group" para programas de resultados

LES MILLS
BODYBALANCE

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

LES MILLS
BODYATTACK



BEST CYCLING



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