



## PROGRAMA ACTIVIDADES DIRIGIDAS ABIERTAS – 2023

LUNES				MARTES				MIÉRCOLES			
Hora	Pasillo o Calestenia	Sala Ciclismo	Sala Aerobic	Hora	Pasillo o Calestenia	Sala Ciclismo	Sala Aerobic	Hora	Pasillo o Calestenia	Sala Ciclismo	Sala Aerobic
07:00		CYCLING VIRTUAL		07:00		CYCLING VIRTUAL		07:00		CYCLING VIRTUAL	
08:00		CYCLING VIRTUAL		08:00		CYCLING VIRTUAL		08:00		CYCLING VIRTUAL	
09:00		CYCLING VIRTUAL		09:00		CYCLING VIRTUAL		09:00		CYCLING VIRTUAL	
10:00		CYCLING VIRTUAL	ZUMBA 45'	10:00		CYCLING VIRTUAL	GAP 45'	10:00		CYCLING VIRTUAL	BODYPUMP 45'
11:00		CYCLING VIRTUAL	BODYPUMP 45'	11:00		CYCLING VIRTUAL	ZUMBA 45'	11:00		CYCLING VIRTUAL	BODYCOM BAT 45'
12:00		CYCLING VIRTUAL		12:00		CYCLING VIRTUAL	BESTBALANCE 45'	12:00		CYCLING VIRTUAL	
13:00		CYCLING VIRTUAL		13:00		CYCLING VIRTUAL		13:00		CYCLING VIRTUAL	
14:00		CYCLING VIRTUAL		14:00		CYCLING VIRTUAL		14:00		CYCLING VIRTUAL	
15:00		CYCLING VIRTUAL		15:00		CYCLING VIRTUAL		15:00		CYCLING VIRTUAL	
16:00		CYCLING VIRTUAL		16:00		CYCLING VIRTUAL		16:00		CYCLING VIRTUAL	
17:00		CYCLING VIRTUAL		17:00		CYCLING VIRTUAL		17:00		CYCLING VIRTUAL	
18:00		CYCLING VIRTUAL	ZUMBA 45'	18:00		CYCLING VIRTUAL	BODY PUMP 45'	18:00		CYCLING VIRTUAL	
19:00		CYCLING VIRTUAL	GAP 45'	19:00		CYCLING VIRTUAL	FUNCIONAL 45'	19:00		CYCLING VIRTUAL	CROSSCLU B 45'
20:00		CYCLING VIRTUAL	CROSSCLUB 45'	20:00		CYCLING VIRTUAL	ZUMBA 45'	20:00		CYCLING VIRTUAL	BODYPUMP 45'
21:00		CYCLING VIRTUAL	FUNCIONAL 45'	21:00				21:00		CYCLING VIRTUAL	FITBALL 45'
	<b>CROSSCLUB</b>	<b>AFORO MÁXIMO 15 PERSONAS</b>			<b>CYCLING</b>	<b>AFORO MÁXIMO 14 PERSONAS</b>				<b>RESTO DE ACTIVIDADES</b>	<b>AFORO MÁXIMO 30 PERSONAS</b>

**FERNANDO VÁZQUEZ**

**ALEX CASAR**

**LAURA PEREIRO**

JUEVES				VIERNES				SÁBADO			DOMINGO	
Hora	Pasillo o Calestenia	Sala Ciclismo	Sala Aerobic	Hora	Pasillo o Calestenia	Sala Ciclismo	Sala Aerobic	Hora	Sala Ciclismo	SALA DE AEROBIC	Hora	Sala Ciclismo
07:00				07:00		CYCLING VIRTUAL		07:00			07:00	
08:00		CYCLING VIRTUAL		08:00		CYCLING VIRTUAL		08:00	CYCLING VIRTUAL		08:00	
09:00		CYCLING VIRTUAL		09:00		CYCLING VIRTUAL		09:00	CYCLING VIRTUAL		09:00	CYCLING VIRTUAL
10:00		CYCLING VIRTUAL	FUNCIONAL 45'	10:00		CYCLING VIRTUAL	ZUMBA 45'	10:00	CYCLING VIRTUAL		10:00	CYCLING VIRTUAL
11:00		CYCLING VIRTUAL	ZUMBA 45'	11:00		CYCLING VIRTUAL	FITBALL 45'	11:00	CYCLING VIRTUAL		11:00	CYCLING VIRTUAL
12:00		CYCLING VIRTUAL	BESTBALANCE 45'	12:00		CYCLING VIRTUAL		12:00	CYCLING VIRTUAL		12:00	CYCLING VIRTUAL
13:00		CYCLING VIRTUAL		13:00		CYCLING VIRTUAL		13:00	CYCLING VIRTUAL		13:00	CYCLING VIRTUAL
14:00		CYCLING VIRTUAL		14:00		CYCLING VIRTUAL		14:00	CYCLING VIRTUAL		14:00	CYCLING VIRTUAL
15:00		CYCLING VIRTUAL		15:00		CYCLING VIRTUAL		15:00	CYCLING VIRTUAL		15:00	CYCLING VIRTUAL
16:00		CYCLING VIRTUAL		16:00		CYCLING VIRTUAL		16:00	CYCLING VIRTUAL		16:00	CYCLING VIRTUAL
17:00		CYCLING VIRTUAL		17:00		CYCLING VIRTUAL		17:00	CYCLING VIRTUAL		17:00	CYCLING VIRTUAL
18:00		CYCLING VIRTUAL		18:00		CYCLING VIRTUAL		18:00	CYCLING VIRTUAL		18:00	CYCLING VIRTUAL
19:00		BEST CYCLING 45'	TBC 45'	19:00		CYCLING VIRTUAL	FUNCIONAL 45'	19:00	CYCLING VIRTUAL		19:00	CYCLING VIRTUAL
20:00		CYCLING VIRTUAL	GAP 45'	20:00		BEST CYCLING 45'		20:00	CYCLING VIRTUAL		20:00	CYCLING VIRTUAL
21:00		CYCLING VIRTUAL	BODY PUMP 45'	21:00		CYCLING VIRTUAL		21:00	CYCLING VIRTUAL		21:00	CYCLING VIRTUAL