

PROGRAMA ACTIVIDADES DIRIGIDAS ABIERTAS – MARZO 2022



LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SABADO			DOMINGO		
Hora	Pasillo o Calesteria	Sala Ciclismo Sala Aerobic	Hora	Pasillo o Calesteria	Sala Ciclismo Sala Aerobic	Hora	Pasillo o Calesteria	Sala Ciclismo Sala Aerobic	Hora	Pasillo o Calesteria	Sala Ciclismo Sala Aerobic	Hora	Pasillo o Calesteria	Sala Ciclismo Sala Aerobic	Hora	Sala Ciclismo Sala Aerobic	Hora	Pasillo o Calesteria	Sala Ciclismo Sala Aerobic	
07:00		CYCLING VIRTUAL	07:00		CYCLING VIRTUAL	07:00		CYCLING VIRTUAL	07:00		CYCLING VIRTUAL	07:00		CYCLING VIRTUAL	07:00		07:00			
08:00		CYCLING VIRTUAL	08:00		CYCLING VIRTUAL	08:00		CYCLING VIRTUAL	08:00		CYCLING VIRTUAL	08:00		CYCLING VIRTUAL	08:00		08:00			
09:00		CYCLING VIRTUAL	09:00		CYCLING VIRTUAL	09:00		CYCLING VIRTUAL	09:00		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 ZUMBA	10:00		CYCLING VIRTUAL BODYCOMBAT 45'	10:00		CYCLING VIRTUAL ZUMBA 45'	10:00	CYCLING VIRTUAL	10:00			CYCLING VIRTUAL
11:00		CYCLING VIRTUAL BODYPUMP 45'	11:00	CONTROL DE PESO	CYCLING VIRTUAL	11:00		CYCLING VIRTUAL BODYPUMP 45'	11:00	CONTROL DE PESO	CYCLING VIRTUAL	11:00		CYCLING VIRTUAL FITBALL 45'	11:00	CYCLING VIRTUAL	11:00			CYCLING VIRTUAL
12:00		CYCLING VIRTUAL	12:00		CYCLING VIRTUAL	12:00		CYCLING VIRTUAL STRECHING (Estramiento) 30'	12:00		CYCLING VIRTUAL	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	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	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	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	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	17:00		CYCLING VIRTUAL	17:00	CYCLING VIRTUAL	17:00			CYCLING VIRTUAL
18:00		CYCLING VIRTUAL ZUMBA 45'	18:00		CYCLING VIRTUAL BODYPUMP 45'	18:00		BESTCYCLING 45'	18:00		CYCLING VIRTUAL GAP 45'	18:00		CYCLING VIRTUAL	18:00	CYCLING VIRTUAL	18:00			CYCLING VIRTUAL
19:00		CYCLING VIRTUAL GAP 45'	19:00		CYCLING VIRTUAL BODYCOMBAT 45'	19:00		CYCLING VIRTUAL HIIT 45'	19:00		CYCLING VIRTUAL ZUMBA 45'	19:00		CYCLING VIRTUAL CONTROL DE PESO	19:00	CYCLING VIRTUAL	19:00			CYCLING VIRTUAL
20:00		CYCLING VIRTUAL CROSSCLUB 45'	20:00		CYCLING VIRTUAL ZUMBA 45'	20:00		CYCLING VIRTUAL BODYPUMP 45'	20:00		CYCLING VIRTUAL BODYCOMBAT 45'	20:00		CYCLING VIRTUAL	20:00	CYCLING VIRTUAL	20:00			CYCLING VIRTUAL
21:00		CYCLING VIRTUAL	21:00		CYCLING VIRTUAL	21:00		CYCLING VIRTUAL CONTROL DE PESO	21:00		CYCLING VIRTUAL	21:00		CYCLING VIRTUAL BAILES DE SALÓN	21:00	CYCLING VIRTUAL	21:00			CYCLING VIRTUAL
	CROSSCLUB	AFORO MÁXIMO 15 PERSONAS		CYCLING	AFORO MÁXIMO 14 PERSONAS			RESTO DE ACTIVIDADES			AFORO MÁXIMO 30 PERSONAS									
								ALEX CASAR												
								FERNANDO VÁZQUEZ												
																				28