

PROGRAMA ACTIVIDADES DIRIGIDAS ABIERTAS - ENERO 2022



LUNES				MARTES			MIÉRCOLES			JUEVES			VIERNES			SABADO						
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
09:00		CYCLING VIRTUAL		09:00				09:00		CYCLING VIRTUAL		09:00				09:00		CYCLING VIRTUAL		09:00	CYCLING VIRTUAL	
10:00		CYCLING VIRTUAL	ZUMBA 45'	10:00		BESTCYCLING 45'	GAP 45'	10:00		CYCLING VIRTUAL	PUMP 45'	10:00		BESTCYCLING 45'	BODYPUMP 45'	10:00		CYCLING VIRTUAL	ZUMBA 45'	10:00	BESTCYCLING 45'	
11:00		CYCLING VIRTUAL	BODYPUMP 45'	11:00	CONTROL DE PESO	CYCLING VIRTUAL	ZUMBA 45'	11:00		CYCLING VIRTUAL	COMBAT 45'	11:00	CONTROL DE PESO	CYCLING VIRTUAL	ZUMBA 45'	11:00		CYCLING VIRTUAL	FITBALL 45'	11:00	CYCLING VIRTUAL	ZUMBA 45'
12:00		CYCLING VIRTUAL		12:00		BESTCYCLING 45'		12:00		CYCLING VIRTUAL	STRETCHING (Estiramientos) 30'	12:00		CYCLING VIRTUAL	BALANCE 45'	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				
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				
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				
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				
19:00		BESTCYCLING 45'	GAP 45'	19:00	CIRCUITO 45'	CYCLING VIRTUAL	BODYCOMBAT 45'	19:00	CROSSCLUB 45'	CYCLING VIRTUAL	STRONG NATION 45'	19:00		BESTCYCLING 45'	ZUMBA 45'	19:00		CYCLING VIRTUAL	CONTROL DE PESO			
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				
21:00		CYCLING VIRTUAL	BODYPUMP 45'	21:00		BESTCYCLING 45'		21:00		CYCLING VIRTUAL	CONTROL DE PESO	21:00		CYCLING VIRTUAL	FITBALL 45'	21:00		CYCLING VIRTUAL	BAILE DE SALON			
	CROSSCLUB	AFORO MÁXIMO 15 PERSONAS			CYCLING	AFORO MÁXIMO 14 PERSONAS			RESTO DE ACTIVIDADES	AFORO MÁXIMO 30 PERSONAS												

ALEX CASAR

FERNANDO VÁZQUEZ