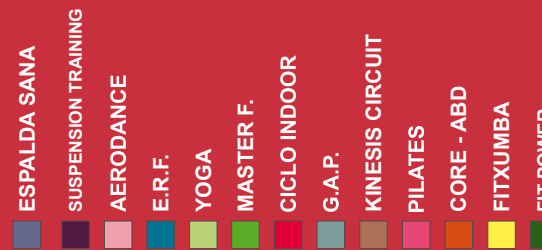
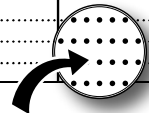


ACTIVIDADES DIRIGIDAS SECO



	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
	SALA	CICLO	CIRCUIT	SALA	CICLO	CIRCUIT	SALA	CICLO	CIRCUIT	SALA	CICLO	CIRCUIT	SALA	CICLO	
08:00-09:00					CICLO INDOOR 3		FIT POWER 3				CICLO INDOOR 7		G.A.P. 2		08:00-09:00
09:00-10:00						SUSPENSION TRAINING 1	FITXUMBA 3					KINESIS CIRCUIT 3			09:00-10:00
10:00-11:00	FITXUMBA 1			E.S. 2			PILATES 4						PILATES 8		10:00-11:00
11:00-12:00	E.S. 1			PILATES 2					SUSPENSION TRAINING 3		PILATES 6				11:00-12:00
12:00-13:00	MASTER F. 1	CICLO INDOOR 1	CORE-ABD 1	YOGA 1				CICLO INDOOR 5		CORE-ABD 2	YOGA 3			MASTER F. 2	12:00-13:00



*Los puntos suspensivos marcan tramos de quince minutos (cuartos de hora)

16:00-17:00															16:00-17:00
17:00-18:00															17:00-18:00
18:00-19:00				PILATES 3							PILATES 7				18:00-19:00
19:00-20:00	PILATES 1			YOGA 2		SUSPENSION TRAINING 2					YOGA 4		SUSPENSION TRAINING 4		19:00-20:00
20:00-21:00	E.S. 3														20:00-21:00
21:00-22:00		CICLO INDOOR 2		FITXUMBA 2	CICLO INDOOR 4						AERODANCE 1	CICLO INDOOR 8			21:00-22:00
22:00-23:00	FIT POWER 1			FIT POWER 2	CICLO INDOOR 4		G.A.P. 1				FITXUMBA 4	CICLO INDOOR 4			22:00-23:00
						E.R.F. ENTRENAMIENTO RESPIRACION FUNCIONAL 1							E.R.F. ENTRENAMIENTO RESPIRACION FUNCIONAL 2		