



## ACTIVIDADES DIRIGIDAS ADULTOS

	LUNES	MARTES	MIÉRCOLES	JUEVES
9:00	ESPALDA SANA	PILATES	BODYTONIC	PILATES
10:00		SPINNING		SPINNING
11:00	GAP		CIRCUIT TRAINING	
12:00	CIRCUIT TRAINING	BODYTONIC	ESPALDA SANA	GAP
18:00	PILATES	ZUMBA	PILATES	ZUMBA
19:00	SPINNING	GAP	SPINNING	BODYTONIC
20:00	BODYTONIC	SPINNING	CIRCUIT TRAINING	SPINNING
21:00		PILATES		PILATES