



HORARIOS ACTIVIDADES 2023/2024

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	
9:30-10:30	 PILATES	 MANTENIMIENTO	 PILATES	 MANTENIMIENTO	 PILATES	
11:00- 12:00	 AQUAFITNESS	 AQUAFITNESS	 AQUAFITNESS	 AQUAFITNESS		
17:00- 18:00	 PILATES		 PILATES			
19:00- 20:00	 FUNCIONAL	 G.A.P	 AQUA-FITNESS	 FUNCIONAL	 G.A.P	 AQUA-FITNESS
20:00- 21:00	 CICLO TRAINING	 BODY COMBAT	 CICLO TRAINING	 BODY COMBAT	 CICLO TRAINING 19:30- 20:30H	