



SALAS SALA1 SALA2 SALA3 PABELLON S. FITNESS

MIÉRCOLES

	Carmen	David	Fran	Inma	Juan	Maria V.	Mª del Mar	Paco	Rafa	Fátima	Antonio	Tecnico 1	Saída	Germán	Jairo	Tecnico 2	Rocio	Raúl	Javi	Paco		
8:00						Sala Fitness									SOS							8,00
8:15						ABD 30'									Pool Pilates			Swin Perfect				8,15
8:30						Cross 30'		Chikung							Pool Gym							8,30
8:45															Pool Gym	Mater's						8,45
9:00															Pool Gym							9,00
9:15															Pool Gym							9,15
9:30		Sala Fitness				Body Combat					Bike				Pool Gym							9,30
9:45															Pool Gym							9,45
10:00															Pool Gym							10,00
10:15															Pool Gym							10,15
10:30		Body Balance				Sala Fitness					Bike	Body Pump			Pool Gym							10,30
10:45															Pool Gym							10,45
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12:00		Sala Fitness				Bike				sh'abam	Crossfit				Pool Gym							12,00
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3,75	6,25	8,00	0,00	4,75	4,25	4,50	2,00	4,75	8,00	2,75	2,00	0,00	5,25	9,00	3,50	5,00	7,00	5,00	0,00	
3,75	6,25	8,00	0,00	4,75	4,25	4,5	2,00	4,75	8,00	2,75	2,00		5,25	9,00	3,50	5,00	7,00	5,00		