



# HORARIO DE ACTIVIDADES ENERO 2018

| LUNES |              |        |         | MARTES |              |                | MIÉRCOLES |              |              | JUEVES |                 |                | VIERNES |              |              | SABADO |              |              |
|-------|--------------|--------|---------|--------|--------------|----------------|-----------|--------------|--------------|--------|-----------------|----------------|---------|--------------|--------------|--------|--------------|--------------|
| 10:00 | CICLO INDOOR | SALA 1 | LAURA   | 8:30   | CICLO INDOOR | SALA 1 LAURA   | 10:00     | CICLO INDOOR | SALA 1 JOAO  | 8:30   | CICLO INDOOR    | SALA 1 LAURA   | 9:30    | GAP/STEP     | SALA 2 LAURA | 10:30  | BODYPUMP     | SALA 2 LAURA |
| 10:00 | BODYPUMP     | SALA 2 | JOAO    | 10:00  | gap          | SALA 2 JOAO    | 10:00     | BODYPUMP     | SALA 2 LAURA | 9:30   | ESPALDA SANA    | SALA 2 JOAO    | 10:30   | CICLO INDOOR | SALA 1 JOAO  | 11:30  | ZUMBA / Kids | SALA 2 LAURA |
| 11:00 | YOGA         | SALA 2 | DAVID.L | 11:00  | PILATES      | SALA 2 DAVID   | 11:00     | BODYBALANCE  | SALA 2 JOAO  | 10:30  | BODYBALANCE     | SALA 2 DAVID   | 11:15   | PILATES      | SALA 2 DAVID | 12:30  | CICLO INDOOR | SALA 1 LAURA |
| 14:30 | BODYPUMP     | SALA 2 | LAURA   | 14:30  | BODYCOMBAT   | SALA 2 JOAO    | 14:30     | GAP/STEP     | SALA2 LAURA  | 11:30  | YOGA            | SALA 2 DAVID.L | 14:30   | CICLO INDOOR | SALA 1 JOAO  |        |              |              |
| 14:30 | CICLO INDOOR | SALA 1 | JOAO    | 14:30  | CICLO INDOOR | SALA1 LAURA    | 14:30     | CICLO INDOOR | SALA 1 JOAO  | 14:30  | BODYPUMP        | SALA 2 JOAO    | 17:30   | GAP/STEP     | SALA2 LAURA  |        |              |              |
| 17:30 | BODYCOMBAT   | SALA 2 | JOAO    | 17:30  | ZUMBA / Kids | SALA 2 LAURA   | 17:15     | gap          | SALA 2 JOAO  | 14:30  | CICLO INDOOR    | SALA 1 LAURA   | 18:30   | CICLO INDOOR | SALA 1 JOAO  |        |              |              |
| 18:30 | BODYPUMP     | SALA 2 | LAURA   | 18:30  | ATAACK       | SALA 1 JOAO    | 18:15     | BODYPUMP     | SALA 2 LAURA | 17:30  | ZUMBA / Kids    | SALA 2 LAURA   | 18:30   | BODYPUMP     | SALA 2 LAURA |        |              |              |
| 19:30 | GAP/STEP     | SALA 2 | LAURA   | 19:30  | CICLO INDOOR | SALA 1 JOAO    | 18:30     | CICLO INDOOR | SALA 1 JOAO  | 18:30  | YOGA            | SALA 2 DAVID-L | 19:30   | BODYBALANCE  | SALA 2 JOAO  |        |              |              |
| 19:30 | CICLO INDOOR | SALA 1 | JOAO    | 20:30  | YOGA         | SALA 2 DAVID.L | 19:15     | PILATES      | SALA 2 DAVID | 19:30  | ZUMBA           | SALA 2 LAURA   |         |              |              |        |              |              |
| 20:30 | BODYBALANCE  | SALA 1 | JOAO    |        |              |                | 20:00     | CICLO INDOOR | SALA 1 JOAO  | 19:30  | CICLO INDOOR    | SALA 1 JOAO    |         |              |              |        |              |              |
|       |              |        |         |        |              |                | 20:30     | BODYPUMP     | SALA 2 LAURA | 20:30  | PILATES express | SALA 2 JOAO    |         |              |              |        |              |              |
|       |              |        |         |        |              |                |           |              |              | 21:00  | BODYCOMBAT      | SALA 2 JOAO    |         |              |              |        |              |              |