

# HORARIO AGOSTO 2019

## PRIMERA QUINCENA

| LUNES |              |        |         | MARTES |              |        | MIÉRCOLES |       |              | JUEVES |         |       | VIERNES      |        |         | SABADO |              |        |         |       |              |        |      |
|-------|--------------|--------|---------|--------|--------------|--------|-----------|-------|--------------|--------|---------|-------|--------------|--------|---------|--------|--------------|--------|---------|-------|--------------|--------|------|
| 10:00 | BODYPUMP     | SALA 2 | JOAO    | 10:00  | gap          | SALA 2 | JOAO      | 10:00 | BODYPUMP     | SALA 1 | JOAO    | 8:30  | CICLO INDOOR | SALA 1 | JOAO    | 9:30   | GAP/STEP     | SALA 2 | JOAO    | 10:30 | BODYPUMP     | SALA 2 | JOAO |
| 11:00 | YOGA         | SALA 2 | SUPLN   | 11:00  | PILATES      | SALA 2 | JOAO      | 11:00 | YOGA         | SALA 2 | SUPLN   | 10:30 | BODY BALANCE | SALA 2 | JOAO    | 10:30  | CICLO INDOOR | SALA 1 | JOAO    | 11:30 | CICLO INDOOR | SALA 1 | JOAO |
| 15:00 | CICLO INDOOR | SALA 1 | virtual | 15:00  | CICLO INDOOR | SALA1  | virtual   | 15:00 | CICLO INDOOR | SALA 1 | virtual | 15:00 | CICLO INDOOR | SALA 1 | virtual | 11:15  | PILATES      | SALA 2 | JOAO    |       |              |        |      |
| 18:30 | gap          | SALA2  | JOAO    | 18:30  | BODYCOMBAT   | SALA 2 | JOAO      | 18:30 | BODYPUMP     | SALA 2 | JOAO    | 18:30 | BODYPUMP     | SALA2  | JOAO    | 15:00  | CICLO INDOOR | SALA 1 | virtual |       |              |        |      |
| 19:30 | BODYPUMP     | SALA2  | JOAO    | 19:30  | BODYPUMP     | SALA2  | JOAO      | 19:30 | PILATES      | SALA 2 | JOAO    | 19:30 | CICLO INDOOR | SALA 2 | JOAO    | 18:30  | CICLO INDOOR | SALA 2 | JOAO    |       |              |        |      |
| 20:30 | CICLO INDOOR | SALA 1 | JOAO    | 20:30  | CICLO INDOOR | SALA 1 | JOAO      | 20:30 | CICLO INDOOR | SALA 1 | JOAO    | 20:30 | YOGA         | SALA 2 | SUPLN   | 19:30  | BODY BALANCE | SALA 2 | JOAO    |       |              |        |      |

## SEGUNDA QUINCENA

| LUNES |              |        |         | MARTES |              |        | MIÉRCOLES |       |              | JUEVES |         |       | VIERNES      |        |         | SABADO |              |        |         |       |              |        |       |
|-------|--------------|--------|---------|--------|--------------|--------|-----------|-------|--------------|--------|---------|-------|--------------|--------|---------|--------|--------------|--------|---------|-------|--------------|--------|-------|
| 10:00 | BODYPUMP     | SALA 2 | LAURA   | 10:00  | gap          | SALA 2 | LAURA     | 10:00 | BODYPUMP     | SALA 1 | LAURA   | 8:30  | CICLO INDOOR | SALA 1 | LAURA   | 9:30   | GAP/STEP     | SALA 2 | LAURA   | 10:30 | BODYPUMP     | SALA 2 | LAURA |
| 11:00 | YOGA         | SALA 2 | SUPLN   | 11:00  | PILATES      | SALA 2 | LAURA     | 11:00 | YOGA         | SALA 2 | SUPLN   | 10:30 | BODY BALANCE | SALA 2 | LAURA   | 10:30  | CICLO INDOOR | SALA 1 | LAURA   | 11:30 | ZUMBA / Kids | SALA 2 | LAURA |
| 15:00 | CICLO INDOOR | SALA 1 | virtual | 15:00  | CICLO INDOOR | SALA1  | virtual   | 15:00 | CICLO INDOOR | SALA 1 | virtual | 15:00 | CICLO INDOOR | SALA 1 | virtual | 11:15  | PILATES      | SALA 2 | LAURA   | 12:30 | CICLO INDOOR | SALA 1 | LAURA |
| 18:30 | gap          | SALA2  | LAURA   | 18:30  | ZUMBA / Kids | SALA 2 | LAURA     | 18:30 | BODYPUMP     | SALA 2 | LAURA   | 18:30 | BODYPUMP     | SALA 1 | LAURA   | 15:00  | CICLO INDOOR | SALA 1 | virtual |       |              |        |       |
| 19:30 | BODYPUMP     | SALA2  | LAURA   | 19:30  | BODYPUMP     | SALA2  | LAURA     | 19:30 | PILATES      | SALA 2 | LAURA   | 19:30 | CICLO INDOOR | SALA 2 | LAURA   | 18:30  | GAP/STEP     | SALA 2 | LAURA   |       |              |        |       |
| 20:30 | CICLO INDOOR | SALA 1 | LAURA   | 20:30  | CICLO INDOOR | SALA 1 | LAURA     | 20:30 | CICLO INDOOR | SALA 1 | LAURA   | 20:30 | YOGA         | SALA 2 | SUPLN   | 19:30  | BODY BALANCE | SALA 2 | LAURA   |       |              |        |       |