UCJC SPORTS CLUB

LUNES			
8:00 - 9:15	YOGA DINAMIC	SALA 2	ISABEL
9:30	BODYPUMP	SALA 1	JOAO
10:30	CICLO INDOOR	SALA 2	LAURA
11:15 - 12:30	YOGA	SALA 2	ISABEL
14:30	BODYPUMP	SALA 2	LAURA
14:30	CICLO INDOOR	SALA 1	virtual
17:30	BODYCOMBAT	SALA 2	JOAO
18:30	BODYPUMP	SALA 2	LAURA
19:30	GAP/STEP	SALA2	LAURA
19:30	CICLO INDOOR	SALA 1	JOAO
20:30	PILATES	SALA 2	JOAO

MARTES			
8:30	CICLO INDOOR	SALA 1	LAURA
10:00	gap	SALA 2	JOAO
11:00	PILATES	SALA 2	DAVID
14:30	ABDOMINAL POWER	SALA 2	JOAO
14:30	CICLO INDOOR	SALA1	virtual
17:30	ZUMBA / Kids	SALA 2	LAURA
18:30	BODYCOMBAT	SALA 2	JOAO
19:30	CICLO INDOOR	SALA 1	JOAO
19:30	BODYPUMP	SALA 2	DAVID
20:30 - 21:45	YOGA SUAVE	SALA 2	ISABEL

MIÉRCOLES			
8:00 - 9:15	YOGA DINAMIC	SALA 2	ISABEL
9:30	BODYPUMP	SALA 1	LAURA
10:30	CICLO INDOOR	SALA 2	JOAO
11:15 - 12:30	YOGA	SALA 2	ISABEL
14:30	MMA - MIXED MARTIAL ARTS	SALA 2	JOAO
14:30	CICLO INDOOR	SALA 1	virtual
17:30	ABDOMINAL POWER	SALA 2	JOAO
18:30	BODYPUMP	SALA 2	LAURA
18:30	CICLO INDOOR	SALA 1	JOAO
19:30	PILATES	SALA 2	JOAO
20:30	CICLO INDOOR	SALA 1	JOAO
20:30	BODYPUMP	SALA 2	LAURA

JUEVES			
8:30	CICLO INDOOR	SALA 1	LAURA
9:30	PILATES	SALA 2	JOAO
10:30	BODY BALANCE	SALA 2	DAVID
14:30	BODYPUMP	SALA 2	JOAO
14:30	CICLO INDOOR	SALA 1	virtual
17:30	BODY BALANCE	SALA 2	LAURA
18:30	MMA - MIXED MARTIAL ARTS	SALA 2	JOAO
19:30	ZUMBA	SALA 2	LAURA
19:30	CICLO INDOOR	SALA 1	JOAO
20:30 - 21:45	YOGA SUAVE	SALA 2	ISABEL

VIERNES			
9:30	GAP/STEP	SALA 2	LAURA
10:30	CICLO INDOOR	SALA 1	JOAO
11:15	PILATES	SALA 2	DAVID
14:30	MMA - MIXED MARTIAL ARTS	SALA 2	JOAO
14:30	CICLO INDOOR	SALA 1	virtual
17:30	GAP/STEP	SALA2	LAURA
18:30	CICLO INDOOR	SALA 1	JOAO
18:30	BODYPUMP	SALA 2	LAURA
19:30	BODY BALANCE	SALA 2	JOAO

SABADO			
10:30	BODYPUMP	SALA 2	LAURA
11:30	ZUMBA / Kids	SALA 2	LAURA
12:30	CICLO INDOOR	SALA 1	LAURA