



Horario de Actividades Colectivas 2017 - 2018

| | LUNES | | MARTES | | MIERCOLES | | JUEVES | | VIERNES | |
|-------------|----------------------|--------------------|--------------------|-------------------------|-----------------|--------------------|--------------------|----------------------|---------|--------|
| | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 |
| 8:30-9:00 | | | | | | | | | | |
| 9:00-9:30 | | ♥ spinning (Jenny) | | | | ♥ spinning (Jenny) | | | | |
| 9:30-10:00 | 🔔 yoga (Miguel) | | 🔔 pilates (Raquel) | ♥ peb (Jenny) | 🔔 yoga (Miguel) | | 🔔 pilates (Raquel) | | | |
| 10:00-10:30 | | ♥ gap (Jenny) | | ♥ body boxing (Jenny) | | 🔔 core (Jenny) | | ♥ bodyfit (Jenny) | | |
| 10:30-11:00 | 🔔 body ctrol (Jenny) | | 🔔 pilates (Raquel) | | ♥ zumba (Jenny) | | 🔔 pilates (Raquel) | | | |
| 11:00-11:30 | | | | 🔔 estiramientos (Jenny) | | | | 🔔 stretching (Jenny) | | |
| 11:30-12:00 | | | | | | | | | | |

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|-------------|--------------------------------|-----------------------|-------------------|----------------------------|--------------------------------|-----------------------|-------------------|-----------------------------------|---------------------------|----------------------|
| | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 |
| 15:30-16:00 | 🔔 yoga (Miguel) | | | | 🔔 yoga (Miguel) | | | | | |
| 16:00-16:30 | | | | | | | | | | |
| 16:30-17:00 | | | | | | | | | | |
| 17:00-17:30 | | | | | | | | | | |
| 17:30-18:00 | | | 👊 karate (Arturo) | | 👊 style baile infantil (Jenny) | | 👊 karate (Arturo) | 👊 style baile infantil (Sagrario) | 👊 gimnasia ritmica (Ruth) | |
| 18:00-18:30 | 👊 style baile infantil (Jenny) | | | | | | | | | ♥ do you can (Jenny) |
| 18:30-19:00 | | 🔔 pilates (Raquel) | 🔔 pilates (Nuria) | | 🔔 pilates (Raquel) | ♥ body boxing (Jenny) | 🔔 pilates (Nuria) | | | |
| 19:00-19:30 | ♥ defensa (Jenny) | | | | | | | | | |
| 19:30-20:00 | ♥ aeróbic (Jenny) | ♥ spinning (Carolina) | 🔔 pilates (Nuria) | ♥ spinning (Carolina) | ♥ step (Jenny) | ♥ spinning (Victor) | 🔔 pilates (Nuria) | ♥ spinning (Carolina) | | ♥ spinning (Victor) |
| 20:00-20:30 | | | | | | | | | | |
| 20:30-21:00 | ♥ aero-tono (Jenny) | ♥ spinning (Carolina) | 🔔 pilates (Nuria) | ♥ gap (Carol) | ♥ aero-tono (Jenny) | ♥ spinning (Victor) | 🔔 pilates (Nuria) | ♥ peb (Carol) | | |
| 21:00-21:30 | | | | 🔔 estiramientos (Carolina) | | | | 🔔 core (Carol) | | |