

HORARIOS 2008/ 2009

	lunes		martes		miércoles		jueves		viernes		sábado
09:00											y Domingos
09:30	Pilates 9:30	STEP 9:30	Spinning 9:30	Aerofit 9:30	Pilates 9:30	STEP 9:30	Spinning 9:30	Aerofit 9:30	Pilates 9:30	Body Pum 9:30	CHIKUNG 9:00
10:00											@
10:30	Pilates 10:30	Tai Chi 10:30	Gap 10:30	Yoga Iyengar 10:00	Pilates 10:30	Tai Chi/ Body Pum 10:30	Gap 10:30	Yoga Iyengar 10:00	Pilates 10:30		
11:00											Spinning 11:00
11:30		Gim Prema			Gim Prema						
12:00											Body Pump 12:00
12:30											
13:00											FUNKY/HIP-HOP 11:00niñ@s
14:00											
14:30	Tone – Abdo 14:30		Spinning14:30		Tone – Abdo 14:30		Spinning 14:30		Tone – Abdo 14:30		
15:00											
15:30											
16:00											
16:30											
17:00											
17:30				FUNKY/HIP-HOP 17:30 niñ@s				FUNKY/HIP-HOP 17:30 niñ@s			
18:00			Box Gap 18:00				Box Gap 18:00				
18:30	Pilates 18:30		Pilates 18:30	Pilates 18:30			Pilates 18:30	Pilates 18:30	FUNKY/HIP-HOP 19:00 niñ@s		
19:00			Spinning 19:00	E. Espalda 19:30	Pilates//Bailes Adultos 19:30	Yoga Iyengar19:30--	Spinning 19:00	E. Espalda 19:30	Pilates 19:30	Spinn 19:30	
19:30	Pilates /Spinning 19:30	Yoga Iyengar19:30--									
20:00			Body Pum 20:00	Step 20:00			Body Pum 20:00	Step 20:00		Bailes Adultos 20:00	
20:30	Spinning 20:30	Abdominales 20:30		Tai Chi 20:30	Spinning 20:30	Abdominales 20:30					
21:00			Med. Vipa 21:00				Bioyoga 21:00	Tai Chi 20:30			
21:30											
22:00											
											Daniel Bonino - Dir. Deportivo

FUNKY/HIP-HOP 17:30 niñ@s **Grupo de 5 a 8 años**
FUNKY/HIP-HOP 18:30 niñ@s **Grupo de 9 a 12 años**

@ Coste 9 € por clase