

MAPA DE ACTIVIDADES DIRIGIDAS MES DE AGOSTO 2015

	LUNES		MARTES		MIERCOLES		JUEVES		VIERNES	
	ACTIVIDADES	CYCLO INDOOR	ACTIVIDADES	CYCLO INDOOR	ACTIVIDADES	CYCLO INDOOR	ACTIVIDADES	CYCLO INDOOR	ACTIVIDADES	CYCLO INDOOR
7:45		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL
8:30		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL
9:30		SPINNING		SPINNING VIRTUAL		SPINNING		SPINNING VIRTUAL		SPINNING VIRTUAL
10:00				SPINNING VIRTUAL				SPINNING VIRTUAL	*S.T.A.R.	SPINNING VIRTUAL
10:30		SPINNING VIRTUAL	PILATES	SPINNING VIRTUAL		SPINNING VIRTUAL	PILATES	SPINNING VIRTUAL		SPINNING VIRTUAL
11:00		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL
11:30		SPINNING VIRTUAL	G.A.P.	SPINNING VIRTUAL		SPINNING VIRTUAL	G.A.P.	SPINNING VIRTUAL		SPINNING VIRTUAL
12:30		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL
13:30		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL
14:30		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL
15:30		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL
16:30		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL
18:00		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL
18:30	TRX	SPINNING VIRTUAL		SPINNING VIRTUAL	TRX	SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL
19:00		SPINNING VIRTUAL	PILATES	SPINNING VIRTUAL		SPINNING VIRTUAL	PILATES	SPINNING VIRTUAL		SPINNING VIRTUAL
19:30	G.A.P.	SPINNING VIRTUAL		SPINNING	G.A.P.	SPINNING VIRTUAL		SPINNING	*S.T.A.R.	SPINNING VIRTUAL
20:30	**BODY TONIC	SPINNING	SPINNING VIRTUAL		**BODY TONIC	SPINNING	SPINNING VIRTUAL			SPINNING VIRTUAL
21:30		SPINNING VIRTUAL		SPINNING		SPINNING VIRTUAL		SPINNING		SPINNING VIRTUAL

* S.T.A.R (Spinning, TRX, Abdomen y Relajación)
 ** BODY TONIC (mezcla de baile oriental y aerobic)