

# ACTIVIDADES DIRIXIDAS TEMPADA 2020/-21

LUNS		MARTES		MÉRCORES		XOVES		VENRES	
9:30	PILATES	9:30	MANTEMENTO	9:30	PILATES	9:30	GAP	9:30	STRETCHING
30'	LUISA	30'	LUISA	30'	LUISA	30'	LUISA	30'	LUISA
10:00	PILATES	10:00	PILATES	10:00	PILATES	10:00	PILATES	10:00	IOGA
30'	LUISA	30'	LUISA	30'	LUISA	30'	LUISA	30'	LUISA
10:30	PILATES	10:30	PILATES	10:30	PILATES	10:30	PILATES	10:30	STRETCHING
30'	LUISA	30'	LUISA	30'	LUISA	30'	LUISA	30'	LUISA
11:00	PILATES	11:00	PILATES	11:00	PILATES	11:00	PILATES	11:00	STRETCHING
30'	LUISA	30'	LUISA	30'	LUISA	30'	LUISA	30'	LUISA
		11:00	AQUAGYM (P)			11:00	AQUAGYM (P)		
		45'	ISA			45'	ISA		

19:30	PILATES	19:30	GAP	19:30	PILATES	19:30	MANTEMENTO	19:30	IOGA
30'	GUS	30'	MIGUEL	30'	GUS	30'	MIGUEL	30'	LUISA
20:00	FULL BODY	20:00	HIIT	20:00	FULL BODY	20:00	HIIT	20:00	STRETCHING
30'	GUS	30'	MIGUEL	30'	GUS	30'	MIGUEL	30'	LUISA
20:30	ABDOMINALES	20:30	CICLO	20:30	ABDOMINALES	20:30	CICLO	20:30	STRETCHING
30'	GUS	30'	GUS	30'	GUS	30'	GUS	30'	LUISA
21:00	ZUMBA	21:00	PILATES	21:00	ZUMBA	21:00	PILATES		
30'	MONCHO	30'	GUS	30'	MONCHO	30'	GUS		



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