

# ACTIVIDADES DIRIXIDAS 2021

LUNS		MARTES		MÉRCORES		XOVES		VENRES	
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
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20:00	PILATES	20:00	GAP	20:00	PILATES	20:00	MANTEMENTO	19:15	IOGA
30'	MONCHO	30'	MIGUEL	30'	MONCHO	30'	MIGUEL	30'	LUISA
20:30	FULL BODY	20:30	CICLO	20:30	FULL BODY	20:30	CICLO	19:45	STRETCHING
30'	MIGUEL	30'	MIGUEL	30'	MIGUEL	30'	MIGUEL	30'	LUISA
21:00	ZUMBA	21:00	PILATES	21:00	ZUMBA	21:00	PILATES		
30'	MONCHO	30'	MIGUEL	30'	MONCHO	30'	MIGUEL		



986 88 31 58



info@piscinademarin.com



Piscina Municipal de Marin



A Raña s/n - San Pedro  
36900 - Marín

