

ACTIVIDADES DIRIXIDAS 2021

| LUNS | | MARTES | | MÉRCORES | | XOVES | | VENRES | |
|-------|-----------|--------|---------|----------|-----------|-------|--------------|--------|------------|
| 10:00 | PILATES | 10:00 | GAP | 10:00 | PILATES | 10:00 | TONIFICACIÓN | 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 | | | 11:00 | AQUAGYM | | |
| | | 45' | ISA | | | 45' | ISA | | |
| <hr/> | | | | | | | | | |
| 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 | | |



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