

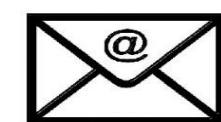
ACTIVIDADES DIRIXIDAS VERÁN 2022

(DO 19 XULLO Ó 31 DE AGOSTO)

| LUNS | | MARTES | | MÉRCORES | | XOVES | | VENRES | |
|--------------|------------------|--------------|------------------|--------------|-------------|--------------|------------------|--------------|------------|
| 9:30 45' | FULL BODY | 9:30 45' | STRETCHING | 9:30 45' | GAP | 9:30 45' | STRETCHING | 9:30 45' | MANTEMENTO |
| 10:15 45' | PILATES | 10:15 45' | AQUAGYM | 10:15 45' | PILATES | 10:15 45' | AQUAGYM | 10:15 45' | PILATES |
| | | | | | | | | | |
| 20:00 45' | PILATES | 20:00 45' | GAP | 20:00 45' | PILATES | 20:00 45' | MANTEMENTO | | |
| 20:45 30' | ABDOMINALES | 20:45 45' | CICLO | 20:45 30' | ABDOMINALES | 20:45 45' | CICLO | | |
| 21:15 45' | ZUMBA | 21:30 30' | FULL BODY | 21:15 45' | ZUMBA | 21:30 30' | FULL BODY | | |



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