

Programa de actividades

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
10:05 - 10:55	SALA1	BODY PUMP		POWER TONO		BODY PUMP	POWER TONO	POWER TONO
10:05 - 10:55	CICLO	CYCLE VIRTUAL	GROUP CYCLE	CYCLE VIRTUAL	GROUP CYCLE	CYCLE VIRTUAL		
11:05 - 11:55	CICLO	GROUP CYCLE	CYCLE VIRTUAL	GROUP CYCLE	CYCLE VIRTUAL	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE
11:05 - 11:55	SALA1		CROSS PDM		BODY PUMP			
12:05 - 12:55	SALA1		PILATES		PILATES			
13:05 - 13:55	PISCINA	AQUAGYM		AQUAGYM		AQUAGYM	AQUAGYM	
14:35 - 15:25	CICLO	CYCLE VIRTUAL	GROUP CYCLE	CYCLE VIRTUAL	GROUP CYCLE	CYCLE VIRTUAL		
14:35 - 15:25	SALA1	BODY PUMP		POWER TONO		POWER TONO		
18:05 - 18:55	SALA1	POWER TONO	BODY COMBAT	ZUMBA	PILATES	BODY PUMP		
18:05 - 18:55	CICLO	CYCLE VIRTUAL	CYCLE VIRTUAL	CYCLE VIRTUAL	CYCLE VIRTUAL	CYCLE VIRTUAL		
19:05 - 19:55	SALA1		BODY PUMP		CROSS PDM			
19:05 - 19:55	CICLO	GROUP CYCLE	CYCLE VIRTUAL	GROUP CYCLE	CYCLE VIRTUAL	CYCLE VIRTUAL		
20:05 - 20:55	CICLO	CYCLE VIRTUAL	CYCLE VIRTUAL	CYCLE VIRTUAL	CYCLE VIRTUAL			

ACTIVIDADES WELLNESS

INTENSIDAD

CONTROL PESO

COREOGRAFÍA

DINAMIZACIÓN

RELAX

GROUP TRAINING

¡ Nos alegramos de volver a verte !

Reserva tu plaza en la App Mywellness 