



GIMNASIO MUNICIPAL

NOVIEMBRE 2019

| HORAS | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|-----------------|------------------|-------------|------------------|---------------|-------------|---|
| 9:00 h - 10:00h | G. SALUDABLE | | G. SALUDABLE | | | SALA DE MUSCULACIÓN + SPINNING LIBRE DE 9:30 A 13:30 H. |
| 9:20h - 10:00h | AQUAGYM | AQUAGYM | AQUAGYM | AQUAGYM | AQUAGYM | |
| 9:30h - 10:15h | SPINNING | SPINNING | SPINNING | SPINNING | SPINNING | |
| 9:30h - 10:15h | | STEP-DANCE | | RITMOS | | |
| 10:15h - 11:00h | BODY-SYSTEM | PILATES | BODY-SYSTEM | PILATES | BODY-SYSTEM | |
| 15:00h - 16:00h | | GAP | | HIIT | C. GRASA | |
| 16:00h - 17:00h | C. FITNESS | | C. TREN SUPERIOR | | | |
| 18:00h - 18:30h | E. EN SUSPENSIÓN | | | | | |
| 18:00h - 19:00h | BODY-SPINNING | LATIN-DANCE | BODY-SPINNING | BODY-SPINNING | BODY-SYSTEM | |
| 18:45h - 19:00h | ABDOMEN | | | ABDOMEN | | |
| 19:00h - 19:45h | SPINNING | SPINNING | SPINNING | SPINNING | SPINNING | |
| 19:00h - 19:30h | | AQUAGYM | | AQUAGYM | | |
| 19:00h - 20:00h | BODY-SYSTEM | PILATES | BODY-SYSTEM | BODY-SYSTEM | | |
| 20:00h - 21:00h | PILATES | BODY-SYSTEM | PILATES | PILATES | | |
| 20:00h - 20:45h | SPINNING | SPINNING | SPINNING | SPINNING | | |
| 21:00h - 21:45h | SPINNING | SPINNING | SPINNING | SPINNING | | |

NOVEDADES: Abierto desde las 8:00 horas

HORARIO: LUNES-VIERNES 8:00 h - 22:30 h
SÁBADOS 9:30 h - 13:30 h

Avda. Vereda de San Agustín, 33

www.mairenadelalcor.org/es/deportes



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