

# PARRILLA ACTIVIDADES

#NOGIMNASIO

# ESTADIOESTADIO

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA
7:30	BODY PUMP	MIND AND BODY	7:30	INDOOR CYCLING	CYCLING	7:30	BODY PUMP	MIND AND BODY	7:30	ACTIVIDAD	SALA	7:30	INDOOR CYCLING	CYCLING
8:30	MANTENIMIENTO	MIND AND BODY	8:30	MANTENIMIENTO	MIND AND BODY	8:30	MANTENIMIENTO	MIND AND BODY	7:30	INDOOR CYCLING	CYCLING	8:30	MANTENIMIENTO	MIND AND BODY
8:30	GAP	S.COMBAT	8:30	BOX TRAINING	S.COMBAT	8:30	GAP	S.COMBAT	8:30	MANTENIMIENTO	MIND AND BODY	8:30	BODY COMBAT	S.COMBAT
9:30	BODY COMBAT	S.COMBAT	9:30	BODY PUMP	MIND AND BODY	9:30	BODY COMBAT	S.COMBAT	8:30	BOX TRAINING	S.COMBAT	9:30	BODY PUMP	MIND AND BODY
9:30	INDOOR CYCLING	CYCLING	9:30	HIIT	S.SKILL X	9:30	INDOOR CYCLING	CYCLING	9:30	BODY PUMP	MIND AND BODY	9:30	STRETCHING	MIND AND BODY
9:30	STRETCHING	MIND AND BODY	9:30	SH'BAM	S.COMBAT	9:30	STRETCHING	MIND AND BODY	9:30	HIIT	S.SKILL X	10:30	PILATES	MIND AND BODY
10:30	SKILL X	S.SKILL X	10:30	BODY BALANCE	MIND AND BODY	10:30	SKILL X	S.SKILL X	9:30	SH'BAM	S.COMBAT	10:30	CROSS	S.SKILL X
10:30	SH'BAM	MIND AND BODY	10:30	BODY COMBAT	S.COMBAT	10:30	SH'BAM	MIND AND BODY	10:30	BODY BALANCE	MIND AND BODY	10:30	INDOOR CYCLING	CYCLING
10:30	BODY BALANCE	S.COMBAT	10:30	SKILL X	S.SKILL X	10:30	BODY BALANCE	S.COMBAT	10:30	BODY COMBAT	S.COMBAT	11:30	BOX TRAINING	S.COMBAT
11:30	HIIT	S.COMBAT	11:30	JUST JUMP	S.COMBAT	11:30	HIIT	S.COMBAT	10:30	SKILL X	S.SKILL X	16:30	BODY BALANCE	MIND AND BODY
11:30	PILATES	MIND AND BODY	11:30	YOGA	MIND AND BODY	11:30	PILATES	MIND AND BODY	11:30	JUST JUMP	S.COMBAT	17:30	INDOOR CYCLING	CYCLING
11:30	INDOOR CYCLING	CYCLING	11:30	INDOOR CYCLING	CYCLING	11:30	INDOOR CYCLING	CYCLING	11:30	YOGA	MIND AND BODY	17:30	GAP	S.COMBAT
15:00	CROSS	MIND AND BODY	17:00	PILATES	MIND AND BODY	15:00	CROSS	MIND AND BODY	11:30	INDOOR CYCLING	CYCLING	18:30	YOGA	MIND AND BODY
15:30	PILATES	MIND AND BODY	17:00	HIIT	S.SKILL X	15:30	PILATES	MIND AND BODY	17:00	PILATES	MIND AND BODY	18:30	BOX TRAINING	S.COMBAT
17:00	INDOOR CYCLING	CYCLING	17:00	BODY COMBAT	S.COMBAT	17:00	INDOOR CYCLING	CYCLING	17:00	HIIT	S.SKILL X	18:30	SKILL X	S.SKILL X
17:00	BODY BALANCE	MIND AND BODY	18:00	INDOOR CYCLING	CYCLING	17:00	BODY BALANCE	MIND AND BODY	17:00	BODY COMBAT	S.COMBAT	19:30	BODY COMBAT	S.COMBAT
17:00	BOX TRAINING	S.COMBAT	18:00	JUST JUMP	S.COMBAT	17:00	BOX TRAINING	S.COMBAT	18:00	INDOOR CYCLING	CYCLING	19:30	SH'BAM	MIND AND BODY
18:00	YOGA	S.COMBAT	18:00	BODY BALANCE	MIND AND BODY	18:00	YOGA	S.COMBAT	18:00	JUST JUMP	S.COMBAT	19:30	CROSS	S.COMBAT
18:00	BODY PUMP	MIND AND BODY	19:00	BODY PUMP	MIND AND BODY	18:00	BODY PUMP	MIND AND BODY	18:00	BODY BALANCE	MIND AND BODY			
18:00	SKILL X	S.SKILL X	19:00	BODY COMBAT	S.COMBAT	18:00	SKILL X	S.SKILL X	19:00	BODY PUMP	MIND AND BODY			
19:00	CROSS	S.SKILL X	19:00	SKILL X	S.SKILL X	19:00	CROSS	S.SKILL X	19:00	BODY COMBAT	S.COMBAT			
19:00	SH'BAM	MIND AND BODY	20:00	GAP	S.COMBAT	19:00	SH'BAM	MIND AND BODY	19:00	SKILL X	S.SKILL X			
19:00	BODY COMBAT	S.COMBAT	20:00	CROSS	S.SKILL X	19:00	BODY COMBAT	S.COMBAT	20:00	GAP	S.COMBAT			
20:00	GAP	MIND AND BODY	20:00	SH'BAM	MIND AND BODY	20:00	GAP	MIND AND BODY	20:00	CROSS	S.SKILL X			
20:00	INDOOR CYCLING	CYCLING	21:00	BOX TRAINING	S.COMBAT	20:00	INDOOR CYCLING	CYCLING	20:00	SH'BAM	MIND AND BODY	HORA	ACTIVIDAD	SALA
20:00	JUST JUMP	MIND AND BODY				20:00	JUST JUMP	MIND AND BODY				9:30	INDOOR CYCLING	CYCLING
21:00	BODY PUMP	MIND AND BODY				21:00	BODY PUMP	MIND AND BODY				10:30	SKILL X	S.SKILL X
												11:30	BODY BALANCE	MIND AND BODY
												12:30	BODY PUMP	MIND AND BODY
												13:30	CROSS	S.SKILL X

## SÁBADO