

## HORARIO DE ACTIVIDADES **ENERO 2025**

### MAÑANAS

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
TOTALBODY 45'	TOTALBODY 45'	TOTALBODY 45'	TOTALBODY 45'		
7:00	7:00	7:00	7:00		
PILATES 45'	TOTALBODY 45'	PILATES 45'	TOTALBODY 45'	YOGA 60'	PUMP 45'
9:30	9:30	9:30	9:30	9:30	9:00
					DANCE 45'
					9:45
DANCE 45'	SALA QUEENAX 20' ABDOMINALES/TRX	PUMP 45'	CIRCUIT TRAINING 20'		YOGA 60'
10:15	10:15	10:15	10:15		10:30
CIRCUIT TRAINING 20'	HIPOPRESIVOS	SALA QUEENAX 20' ABDOMINALES/STRECHING	DANCE 45'	TOTALBODY 45'	
11:00	10:30	11:00	10:30	10:30	
				SALA QUEENAX 20' ABDOMINALES/STRECHING	DANCE 45'
				11:15	11:30
					CROSSTRAINING 45'
					12:00

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### TARDES

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
	<b>YOGA 60'</b> 17:45		<b>YOGA 60'</b> 17:45	
				<b>PILATES 45'</b> 18:00
<b>CIRCUIT TRAINING 20'</b> 18:00	<b>ABDOMINALES/STRECHING</b> 18:00	<b>CIRCUIT TRAINING 20'</b> 18:00	<b>ABDOMINALES/STRECHING</b> 18:00	<b>ABDOMINALES/STRECHING</b> 18:00
<b>ABDOMINALES/STRECHING</b> 18:30	<b>CIRCUIT TRAINING 20'</b> 18:30	<b>ABDOMINALES/STRECHING</b> 18:30	<b>CIRCUIT TRAINING 20'</b> 18:30	<b>ABDOMINALES/STRECHING</b> 18:30
<b>PUMP 45'</b> 18:45	<b>PILATES 45'</b> 18:45	<b>PUMP 45'</b> 18:45	<b>PILATES 45'</b> 18:45	<b>PUMP 45'</b> 18:45
<b>TOTALBODY 45'</b> 18:45	<b>CROSSTRAINING 45'</b> 18:45	<b>TOTALBODY 45'</b> 18:45	<b>CROSSTRAINING 45'</b> 19:00	
<b>DANCE 45'</b> 19:30	<b>PUMP 45'</b> 19:30	<b>DANCE 45'</b> 19:30	<b>PUMP 45'</b> 19:30	<b>DANCE 45'</b> 19:30 <i>NOVEDAD</i>
<b>CROSSTRAINING 45'</b> 19:30	<b>CROSSTRAINING 45'</b> 19:30	<b>CROSSTRAINING 45'</b> 19:30	<b>CROSSTRAINING 45'</b> 19:45	<b>TOTALBODY 45'</b> 19:45
<b>PILATES 45'</b> 20:15	<b>DANCE 45'</b> 20:15	<b>PILATES 45'</b> 20:15		