

# HORARIOS 2018/2019

LUNES			
SALA BIKE	SALA 1	SALA 2	SALA 3

10:00 a 11:30 <b>CF</b>	10:00 10:45 <b>PI</b> 10:55 11:40 <b>PI</b>		
----------------------------------	--	--	--

MARTES			
SALA BIKE	SALA 1	SALA 2	SALA 3

09:30 a 11:00 <b>CF</b>	09:30 10:15 <b>ZU</b>	09:30 10:15 <b>PI</b> 10:25 11:10 <b>PI</b>	
----------------------------------	-----------------------------	--	--

MIÉRCOLES			
SALA BIKE	SALA 1	SALA 2	SALA 3

10:00 a 11:30 <b>CF</b>		10:00 10:45 <b>PI</b> 10:55 11:40 <b>PI</b>	
----------------------------------	--	--	--

JUEVES			
SALA BIKE	SALA 1	SALA 2	SALA 3

09:30 a 11:00 <b>CF</b>	09:30 10:15 <b>ZU</b>	09:30 10:15 <b>PI</b> 10:25 11:10 <b>PI</b>	
----------------------------------	-----------------------------	--	--

VIERNES			
SALA BIKE	SALA 1	SALA 2	SALA 3

10:00 a 11:30 <b>CF</b>		10:00 10:45 <b>PI</b> 10:55 11:40 <b>PI</b>	
----------------------------------	--	--	--

SÁBADO			
SALA BIKE	SALA 1	SALA 2	SALA 3

10:00 A 12:30 <b>CF</b>			
----------------------------------	--	--	--

LUNES			
SALA BIKE	SALA 1	SALA 2	SALA 3

17:00 a 19:30 <b>CF</b>	18:00 18:45 <b>Z.Inf</b>	18:45 19:30 <b>ZU</b>	18:45 19:30 <b>PI</b>
19:40 20:25 <b>BK</b>	19:40 20:25 <b>PU</b>	19:40 20:25 <b>PI</b>	19:40 20:25 <b>YO</b>
20:35 a 22:15 <b>CF</b>	20:35 21:20 <b>GAP</b>	20:35 21:20 <b>PI</b>	20:35 21:20 <b>YO</b>
	21:30 22:15 <b>DPF</b>	21:30 22:15 <b>B.L</b>	

MARTES			
SALA BIKE	SALA 1	SALA 2	SALA 3

17:00 a 21:20 <b>CF</b>	17:50 18:35 <b>PI</b>	18:45 19:30 <b>CT</b>	18:45 19:30 <b>PI</b>
	19:40 20:25 <b>HIIT</b>	19:40 20:25 <b>PI</b>	19:40 20:25 <b>YO</b>
	20:35 21:22 <b>PU</b>	20:35 21:20 <b>PI</b>	
21:30 22:15 <b>BK</b>	21:30 22:15 <b>ZU</b>	21:30 22:15 <b>PI</b>	

MIÉRCOLES			
SALA BIKE	SALA 1	SALA 2	SALA 3

17:00 a 19:30 <b>CF</b>	18:00 18:45 <b>Z.Inf</b>	18:45 19:30 <b>ZU</b>	18:45 19:30 <b>PI</b>
	19:40 20:25 <b>BK</b>	19:40 20:25 <b>PU</b>	19:40 20:25 <b>PI</b>
	20:35 21:20 a <b>HIIT</b>	20:35 21:20 <b>PI</b>	20:35 21:20 <b>YO</b>
22:15 <b>CF</b>	21:30 22:15 <b>DPF</b>	21:30 22:15 <b>B.L</b>	

JUEVES			
SALA BIKE	SALA 1	SALA 2	SALA 3

17:00 a 21:20 <b>CF</b>	17:50 18:35 <b>PI</b>	18:45 19:30 <b>CT</b>	18:45 19:30 <b>PI</b>
	19:40 20:25 <b>GAP</b>	19:40 20:25 <b>PI</b>	19:40 20:25 <b>YO</b>
	20:35 21:22 a <b>PU</b>	20:35 21:20 <b>PI</b>	
21:30 22:15 <b>BK</b>	21:30 22:15 <b>ZU</b>	21:30 22:15 <b>PI</b>	

VIERNES			
SALA BIKE	SALA 1	SALA 2	SALA 3

17:00 a 19:30 <b>CF</b>	17:50 18:35 <b>HIIT</b>	18:45 19:30 <b>CT</b>	
	19:40 20:25 <b>BK</b>		

- YO** YOGA
- PI** PILATES
- ZU** ZUMBA
- B.L** BAILES LATINOS
- BK** BIKE INDOOR
- HIIT** HIIT
- CT** CARDIO TONO
- GAP** GAP
- PU** PUMP
- CF** CIRCUITO FUNCIONAL
- DPF** DEFENSA PERSONAL FEMENINA
- Z.Inf** ZUMBA INFANTIL