

ACTIVIDADES EN SALA

2016/2017

| CYCLO | LUNES | MARTES | MIERCOLES | JUEVES |
|-------|-------|--------|-----------|--------|
| 9:45 | | | | |
| 13:15 | | | | |
| 14:45 | | | | |

| | | | | |
|-------|--|--|--|--|
| 18:45 | | | | |
| 19:45 | | | | |
| 20:00 | | | | |
| 21:00 | | | | |

| TONIFICACIÓN | LUNES | MARTES | MIÉRCOLES | JUEVES |
|--------------|----------------|----------------|----------------|----------------|
| 19:00 | CROSS TRAINING | | CROSS TRAINING | |
| 20:00 | | CROSS TRAINING | | CROSS TRAINING |
| 21:00 | GAP | BOXEO | GAP | BOXEO |

| YOGA | MARTES | JUEVES |
|-------|--------|--------|
| 19:00 | | |

| BODY TONO | LUNES | MIERCOLES |
|-----------|-------|-----------|
| 9:45 | | |

| | | |
|-------|--|--|
| 20:00 | | |
| 21:00 | | |

| INFANTILES | LUNES | MARTES | MIERCOLES | JUEVES |
|------------|---------|---------|-----------|---------|
| 17:30 | FL KIDS | FL KIDS | FL KIDS | FL KIDS |
| 17:30 | KARATE | KARATE | KARATE | KARATE |

| PILATES | LUNES | MARTES | MIERCOLES | JUEVES |
|---------|-------|---------|-----------|---------|
| 9:45 | | | | |
| 10:45 | | 3ª EDAD | | 3ª EDAD |
| 15:15 | | | | |

| | | | | |
|-------|--|--|--|--|
| 19:00 | | | | |
| 20:00 | | | | |

| AEROBICAS | LUNES | MARTES | MIERCOLES | JUEVES |
|-----------|-------|--------|-----------|--------|
| 9:45 | | ZUMBA | | ZUMBA |

| | | | | |
|-------|-------|-----------------|-------|-----------------|
| 16:30 | | ZUMBA | | ZUMBA |
| 19:00 | ZUMBA | CARDIO KICK BOX | ZUMBA | CARDIO KICK BOX |
| 20:00 | | AEROBIC | | AEROBIC |
| 21:00 | | ZUMBA | | ZUMBA |

| VIERNES | | | | |
|---------|---|--|--|--|
| 17:30 | ZUMBA FAMILIAR HIJ@S Y MADRES JUNTOS | | | |

| JUVENILES | LUNES | MARTES | MIERCOLES | JUEVES |
|-----------|-------|--------|-----------|--------|
| 16:30 | | ZUMBA | | ZUMBA |

| | | | | |
|-------|-------|-----------------|-------|-----------------|
| 18:45 | CYCLO | | CYCLO | |
| 19:00 | | CARDIO KICK BOX | | CARDIO KICK BOX |
| 21:00 | | BOXEO | | BOXEO |

| ESTIRA ABOMINALES | | | | |
|-------------------|-------|--------|-----------|--------|
| | LUNES | MARTES | MIERCOLES | JUEVES |
| 11:30 | | | | |
| 16:00 | | | | |
| 16:15 | | | | |
| 18:30 | | | | |

INSCRIPCIONES: RECEPCIÓN DE FUENTE LAVERO

DE LUNES A VIERNES, DE 10:00 A 15:00 Y DE 16:00 A 21:00 HORAS

SÁBADOS: 10:00 A 14:00 HORAS

FECHAS INSCRIPCIÓN: SUPERABONADOS: A PARTIR DEL 1 DE SEPTIEMBRE INCLUIDO

ALUMNOS 2015/2016: A PARTIR DEL 6 DE SEPTIEMBRE INCLUIDO

NUEVOS ALUMNOS: A PARTIR DEL 8 DE SEPTIEMBRE INCLUIDO