DANN

SALA FITNESS GRUPAL | SALA PHISYCLE | PISCINA | POWER FUNCTIONAL

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:00	FUNCIONAL 50'	TRX 50'		PILATES 50'		
6:00		TODOterreno 50'	INTERVALOS 50'	montaña 50'		
6:00		swimming 50'	POWER FUNCTIONAL 50'	swimming 50'		
7:00	PILATES 50'	BOX FUNCTIONAL 50'	TRX 50'	S·T·E·P 50'	S·T·E·P 50'	
7:00	LesMills RPM 50'	INTERVALOS 30'	RUTA 50'	LesMills RPM 50'	montaña 50'	
7:00	swimming 50'		swimming 50'		swimming 50'	
8:00	Bailen 50'	YOGA 50'		Bailen 50'	PILATES 50'	Bailen 50'
8:00	swimming 50'	ABS POWER 50'			swimming 50'	
8:00			FUNCIONAL 50'			
9:00	ABS 50'	Bailen 50'	PILATES 50'	LesMills Shapes 50'	Bailen 50'	
9:00						
10:00			aquafit 50'		aquafit 50'	LesMills BODYPUMP 50'
17:00	Bailen 50'	ABS POWER 50'		Bailen 50'		
18:00		FITBALL · BALANCE 50'	kettlebell 50'	STRETCHING 50'	LesMills BODYPUMP 50'	
18:00	RUTA 50'	INTERVALOS 50'		POWER FUNCTIONAL 50'		
18:00	swimming 50'	aquafit 50'	swimming 50'			
18:00	ABS POWER 50'		ABS POWER 50'			
19:00	TRX 50'	YOGA 50'	Bailen 50'	S·T·E·P 50'	ABS POWER 50'	
19:00	LesMills RPM 50'	TODOterreno 50'	INTERVALOS 50'	INTERVALOS 50'		
19:00	aquafit 50'	POWER FUNCTIONAL 50'	aquafit 50'	swimming 50'		
19:00	FUNCIONAL 50'					
20:00	YOGA 50'	LesMills BODYCOMBAT 50'	YOGA 50'	PILATES 50'	Bailen 50'	

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además se informa la no exclusividad de profesionales en las diferentes actividades.