

# DEL 11 AL 30 SEPTIEMBRE 2017

## PROGRAMA CICLO INDOOR

| HORAS       | LUNES          | MARTES         | MIÉRCOLES      | JUEVES         | VIERNES                                     | TATAMI |
|-------------|----------------|----------------|----------------|----------------|---------------------------------------------|--------|
| 10.30-11.30 |                | CICLO INDOOR 1 |                | CICLO INDOOR 1 |                                             | 2      |
|             |                |                |                |                |                                             |        |
| 18.00-19.00 |                | CICLO INDOOR 3 |                | CICLO INDOOR 3 | 18.30-19.30<br>CICLO INDOOR<br>RECUPERACIÓN | 2      |
| 19.00-20.00 | CICLO INDOOR 2 |                | CICLO INDOOR 2 |                |                                             | 2      |
| 20.00-21.00 | CICLO INDOOR 4 | CICLO INDOOR 6 | CICLO INDOOR 4 | CICLO INDOOR 6 |                                             | 2      |
| 21.00-22.00 | CICLO INDOOR 5 | CICLO INDOOR 7 | CICLO INDOOR 5 | CICLO INDOOR 7 |                                             | 2      |

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PROGRAMA CLASES COLECTIVAS

| HORAS       | LUNES          | MARTES         | MIÉRCOLES      | JUEVES         | VIERNES        | TATAMI |
|-------------|----------------|----------------|----------------|----------------|----------------|--------|
| 9.30-10.30  | AEROSALSA/STEP | GAP            | AEROSALSA      | GAP            | AEROSALSA/STEP | 1      |
| 10.30-11.30 | PILATES        | AEROSALSA/STEP | PILATES        | AEROSALSA/STEP | STRECHING      | 1      |
|             |                |                |                |                |                |        |
| 17.30-18.30 | MANTENIMIENTO  | AEROSALSA/STEP | MANTENIMIENTO  | AEROSALSA/STEP | GAP            | 1      |
| 18.30-19.30 | AEROSALSA/STEP | PILATES        | AEROSALSA/STEP | PILATES        | STRECHING      | 1      |
| 19.30-20.30 | PILATES        | ZUMBA          | PILATES        | ZUMBA          |                | 1      |
| 20.30-21.30 |                | PILATES        |                | PILATES        |                | 1      |

| PLAZAS | AEROSALSA/ZUMBA | PILATES | STRECHING | AEROSALSA/STEP | MANTENIMIENTO | GAP |
|--------|-----------------|---------|-----------|----------------|---------------|-----|
|        | 25              | 25      | 30        | 30             | 30            | 30  |