

horario actividades colectivas ECS Febrero 2012

>>Actividades colectivas genéricas

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
09.15 - 10.00	CICLO INDOOR	ESPAGYM	CICLO INDOOR	ESPAGYM	CICLO INDOOR
10.15 - 11.00	ESPAGYM	RITMO LATINO	ESPAGYM	RITMO LATINO	ESPAGYM
11.15 - 12.00	AQUAGYM	BODY BALANCE	AQUAGYM	BODY BALANCE	AQUAGYM
12.15 - 13.00	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
15.15 - 16.00	ESPABALL		CIRCUIT	CICLO INDOOR	
16.15 - 16.45		GAS EXPRESS		GAS EXPRESS	
17.45 - 18.30	BODY BALANCE		BODY BALANCE		
18.30 - 19.00		G.A.P.		G.A.P.	
18.30 - 19.00					G.A.P.
19.00 - 19.45	ESPALDA SANA	CICLO INDOOR	ESPALDA SANA	CICLO INDOOR	
19.15 - 20.00	GAS		GAS		
19.30 - 20.15		ESPABALL		BODY PUMP	BODY BALANCE
20.15 - 21.00		YOGA		YOGA	
20.00 - 21.00	BODY COMBAT		BODY PUMP		
20.15 - 21.00	CICLO INDOOR	BODY COMBAT	CICLO INDOOR		
20.30 - 21.15	CFS			ESPABALL	CICLO INDOOR
20.45 - 21.30	AGUAGYM		AGUAGYM		
21.00 - 21.45			CFS		
21.15 - 22.00		CICLO INDOOR		CICLO INDOOR	
21.15 - 22.15	BODY PUMP	BODY PUMP	BODY COMBAT	BODY COMBAT	
21.30 - 22.15	CICLO INDOOR		CICLO INDOOR		

	SABADO 04	SABADO 11	SABADO 18	SABADO 25
11.00 - 12.00	BODY COMBAT	CICLO INDOOR		BODY COMBAT

>>Pilates

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
11:30		PILATES		PILATES	
18:30	PILATES	PILATES	PILATES	PILATES	
20:00		PILATES		PILATES	PRE- PILATES
20:45	PILATES		PILATES		
21:00		PILATES		PILATES	