

HORARIO 01.04.19 – 21.04.19

ACTIVIDADES DIRIGIDAS / DIRECTED ACTIVITIES / FITNESS-STUNDEN

INTENSIDAD

MEDITACION	BAJA-MEDIA
ALTA	BAJA-MEDIA

	LUNES MONDAY MONTAG	MARTES TUESDAY DIENSTAG	MIERCOLES WEDNESDAY MITTWOCH	JUEVES THURSDAY DONNERSTAG	VIERNES FRIDAY FREITAG	
8:30-9:30	PILATES	GAP + STRETCH	PILATES	POWER PUMP	YOGALATES	8:30-9:30
10:30-11:30	BODYTONE	AGUAGYM (45 MIN)	CIRCUIT TRAINING	AGUAGYM (45 MIN)	GAP + STRETCHING	10:30-11:30
14:00-14:45	AGUAGYM (45 MIN)		AGUAGYM (45 MIN)		AGUAGYM (45 MIN)	
17:15-18:00	YIN YOGA MEDITACION 17:15-18:45	YOGALATES	KUNDALINI YOGA MEDITACION 17:15-18:45	YIN YOGA MEDITACION 17:15-18:45	HIGH TRAINING + STRETCHING	17:15-18:00
19:00-20:00	CICLO	 ZUMBA fitness	CICLO	 ZUMBA fitness	CIRCUIT TRAINING	19:00-20:00
20:15-21:00	ABS + STRETCHING	PILATES	ABS + STRETCHING	PILATES	ABS + STRETCHING	20:15-21:00

*ASISTENCIA MINIMA DE DOS PERSONAS / MINIMUM ASSISTANCE TWO PEOPLE
MINDESTTEILNAHME VON ZWEI PERSONEN / ASSISTANCE MINIMALE DE DEUX PERSONNES