

HORARIO 05.11.18 – 02.12.18

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	FIT-BALL	PILATES	BODY-CICLO	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)	14:00-14:45
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	BODY & MIND	17:15-18:00
19:00-20:00	BODY-CICLO	 ZUMBA fitness	BODY-CICLO	 ZUMBA fitness	BODY-CICLO	19:00-20:00
20:15-21:00	ABS + STRETCHING	PILATES	GAP + STRETCHING	PILATES	FIT-BALL	20:15-21:00

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