

ACTIVIDADES DIRIGIDAS

HORARIO	SALAS	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
8:00-9:50	SOLARIUM	PDB CROSS	PDB CROSS	PDB CROSS	PDB CROSS	PDB CROSS		
	SALA A		PDB GAP		PDB SCULPING			
8:30-9:20	SALA B	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL		
	SALA C	PDB FUNCIONAL	PDB FUNCIONAL	PDB FUNCIONAL	PDB FUNCIONAL	PDB FUNCIONAL		
9:00-10:20	SALA A	PDB YOGA		PDB YOGA		PDB YOGA		
9:00-9:50	SOLARIUM		PDB CROSS		PDB CROSS			OPEN BOX ABIERTO
9:10-10:00	SALA B						PDB BIKE	
	PISCINA	PDB AQUAGYM	PDB AQUAGYM	PDB AQUAGYM	PDB AQUAGYM	PDB AQUAGYM		
	SOLARIUM	PDB CROSS				PDB CROSS		PDB FUNCIONAL
	SALA A		PDB BALANCE		PDB BALANCE			
9:30-10:20	SALA B	PDB BIKE	PDB BIKE	PDB BIKE	PDB BIKE	PDB BIKE		
	SALA C	PDB ZUMBA	PDB TRX/CORE	PDB ZUMBA	PDB TRX/CORE	PDB ZUMBA		
	SALA MINOTAURO	PDB SCULPING	PDB CIRCUIT -TRAINING	PDB TONO	PDB CIRCUIT -TRAINING	PDB GAP		
10:00-10:50	SOLARIUM		PDB CROSS		PDB CROSS			
10:10-11:00	SALA C						PDB ZUMBA	
	SALA A						PDB PUMP	
	SALA A	PDB SCULPING	PDB GAP	PDB TONO	PDB SCULPING	PDB GAP		
10:30-11:20	SALA B	PDB BIKE		PDB BIKE		BIKE VIRTUAL		
	SALA C	PDB COMBAT	PDB FIT BOXING	PDB COMBAT	PDB FIT BOXING	PDB PILATES		
	SOLARIUM	PDB FUNCIONAL		PDB FUNCIONAL		PDB FUNCIONAL		PDB FUNCIONAL
11:00-11:50	PISCINA	PDB AQUAGYM		PDB AQUAGYM				
11:10-12:00	SALA A						PDB TONO	
	SALA B						PDB BIKE	
11:30-12:20	SALA A	PDB PILATES	PDB PILATES	PDB PILATES	PDB PILATES	PDB PILATES		PDB BIKE
	SALA B	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL		
	SALA C	FLAMENCO FIT	PDB SEVILLANAS AV	PDB FLAMENCO FIT	PDB SEVILLANAS AV			
12:00-12:50	SALA B						BIKE VIRTUAL	
12:10-13:00	SALA C						PDB FIT BOXING	
12:30-13:00	SALA A	PDB CASTAÑUELAS		PDB CASTAÑUELAS				
	SALA B	PDB PILATES	PDB PILATES	PDB PILATES	PDB PILATES			
12:30-13:20	SALA A							BIKE VIRTUAL
	SALA B		PDB SEVILLANAS INI		PDB SEVILLANAS INI			
14:30-15:20	SALA B	PDB BIKE	BIKE VIRTUAL		BIKE VIRTUAL	PDB BIKE		
	SALA C		PDB FUNCIONAL	PDB FUNCIONAL	PDB FUNCIONAL			
17:00-17:30	SALA A		PDB GLÚTEOS		PDB GLÚTEOS			
	SALA A	PDB PUMP		PDB PUMP				
	SALA C	PDB TRX/CORE		PDB TRX/CORE				
17:00-17:50	SOLARIUM		PDB FUNCIONAL		PDB FUNCIONAL			
	SALA MINOTAURO		PDB PILATES		PDB PILATES			
17:30-18:00	SALA A		PDB MOBILITY		PDB MOBILITY			
	SALA A	PDB TONO	PDB PILATES	PDB TONO	PDB PILATES			
	SALA B	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	
18:00-18:50	SALA C	PDB ZUMBA	PDB FIT BOXING	PDB ZUMBA	PDB FIT BOXING	PDB ZUMBA		
	SOLARIUM	PDB FUNCIONAL		PDB FUNCIONAL				
	SALA MINOTAURO		PDB TONO		PDB GAP	PDB METABOLIC	ACTIVIDADES SUAVES	
19:00-19:50	SALA A	PDB BALANCE	PDB TONO	PDB BALANCE	PDB TONO	PDB PILATES	PDB PILATES	
	SALA B	PDB BIKE	PDB BIKE	PDB BIKE	PDB BIKE	PDB BIKE	PDB BIKE	
	SALA C	PDB GAP	PDB PUMP	PDB GAP	PDB PUMP	PDB COMBAT		
	SOLARIUM	PDB METABOLIC	PDB FUNCIONAL	PDB METABOLIC	PDB FUNCIONAL	PDB CROSS	PDB CROSS	
	SALA A	PDB PILATES	PDB COMBAT	PDB PILATES	PDB COMBAT	PDB PUMP		ACTIVIDADES MODERADAS
20:00-20:50	SALA B	PDB BIKE	PDB BIKE	PDB BIKE	PDB BIKE			
	SALA C	PDB PUMP	PDB ZUMBA	PDB PUMP	PDB ZUMBA			
	SOLARIUM	PDB CROSS	PDB CROSS	PDB CROSS	PDB CROSS		PDB CROSS	
	PISCINA	AQUAGYM		AQUAGYM				
	SALA A	PDB YOGA		PDB YOGA				
21:00-21:50	SALA B	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL	BIKE VIRTUAL		ACTIVIDADES INTENSAS
	SOLARIUM	PDB CROSS	PDB CROSS	PDB CROSS	PDB CROSS			
21:10-22:00	SALA C		PDB LATINOS		PDB LATINOS			



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