

# ACTIVIDADES NAVIDADES 2021

## FITNESS CARLOS RUIZ

		LUNES 27			MARTES 28			MIÉRCOLES 29			JUEVES 30			VIERNES 31			SABADO 1	DOMINGO 2	
CUOTA	HORA	SALA 1	SALA 2	SALA FITNESS	SALA 1	SALA 2	SALA FITNESS	SALA 1	SALA 2	SALA FITNESS	SALA 1	SALA 2	SALA FITNESS	SALA 1	SALA 2	SALA FITNESS	SALA FITNESS	SALA FITNESS	
M A Ñ A N A	8:00																		
	8:30																		C
	9:00	G.A.P.			ABDO MEN			G.A.P.			ABDO MEN								E
	9:30		MANTENIMI ENTO			TONIFICACI ON			MANTENIMI ENTO			TONIFICACI ON							R
	10:00																		R
	10:30	YOGA			PILATES			YOGA			PILATES								A
	11:00																		D
	11:30		PILATES						PILATES										O
	12:00																		
	12:30																		
	12:45																		
	13:00																		
	13:15																		
13:30																			
13:45																			
M E D I O D Í A	14:00																		
	14:30		PILATES		YOGA			PILATES		YOGA									
	15:00																		C
	15:30					CICLO INDOOR					CICLO INDOOR								E
	16:00	FITNESS				FITNESS		FITNESS			FITNESS								R
	16:30	STRECHING						STRECHING											R
	17:00																		A
C O M P L E T A	17:30					YOGA- PILATES					YOGA- PILATES								D
	18:00																		O
	18:30	MANTENIMI ENTO			RITMO- FITNESS			MANTENIMI ENTO			RITMO- FITNESS								
	19:00																		
	19:30		PILATES			CICLO INDOOR			PILATES			CICLO INDOOR							
	20:00																		
	20:30	TONIFICACI ON			G.A.P			TONIFICACI ON			G.A.P								
21:00																			
21:30																			
22:00																			

**Horario Sala Fitness (CON CITA PREVIA)**  
Lunes a Viernes de 8:00 a 22:00 h. Sábado y domingo 9:00 a 14:00