

ACTIVIDADES DIRIXIDAS DORNEDA MARZO 2014

	LUNS			MARTES			MERCORES			XOVES			VENRES		
	2	3	4	2	3	4	2	3	4	2	3	4	2	3	4
8:30			IOFT												
9:30	AQUAFIT II	BIKE I		AF SENIOR			BIKE I			ABDOGYM			AF SENIOR		
10:00	FITPOWER			STEP	BIKE II		AF		AQUAFIT I	LATINOS	BIKE II				
10:15															
10:45															
11:00	FITPILATES		FTS	ABDOGYM			BODYBOX		FITPILATES	TONO			IOFT		
11:45													FTS		
15:00								P.E.							
18:00							ZUMBA								
18:15	FITNESS												FTS		
18:30				GAP										ZUMBA	
18:45										FITNESS					
19:00		BIKE II			BIKE I		FITBALL								
19:30				LATINOS	BIKE II		STEP-TONO			STEP	BIKE II		FITNESS		
19:45	TONO														
20:00						FTS									
20:15														BIKE II	
20:30	BODYBOX			FITPOWER			BODYBOX			FITPOWER					
20:45						IOFT									
21:00			FITBALL						FITPILATES				BODYFLEX		
21:30	STRECHING		FTS												

ACTIVIDADES DIRIXIDAS OLEIROS MARZO 2014

	LUNS			MARTES			MERCORES			XOVES			VENRES		
	2	3	4	2	3	4	2	3	4	2	3	4	2	3	4
9:30		FITBALL		ABDOGYM					BIKE I		GAP				
10:00		FITPOWER	AQUAFIT	TONO	BODYBOX		STEP I	FITPOWER	AQUAFIT	LATINOS I		AQUAFIT		AF	
10:30															
11:00	LATINOS I	BODYFLEX		FITPILATES			STEP II	BODYFLEX		FITPILATES			STEP II	BODYFLEX	
12:00															
15:00		P. E.													
18:00				ZUMBA											
19:00		FITBALL			AF						FITBALL				
19:30	BODYFLEX	ABDOGYM		GAP			LATINOS II				ABDOGYM				
20:00		FITPOWER		FITPILATES	BODYBOX			AQUAFIT	BIKE I	FITPILATES	BODYBOX		ZUMBA		
20:15													AQUAFIT		
20:30	STEP II		AQUAFIT					FITPOWER							
21:00			BIKE II			BIKE II	BODYFLEX						BIKE II		BIKE II
21:30								ABDOGYM							
22:00										ZUMBA					

PROGRAMA ESPECIFICO OLEIROS	
LUNS	15:00 a 16:00
03/03/2014	A.F.
10/03/2014	ABDOGYM+ FITBALL
17/03/2014	
24/03/2014	TONO
31/03/2014	ABDOGYM+BIKE

ACTIVIDADES DIRIXIDAS PERILLO MARZO 2014

	LUNS		MARTES		MERCORES		XOVES		VENRES	
	SALA	PISCINA	SALA	PISCINA	SALA	PISCINA	SALA	PISCINA	SALA	PISCINA
9:30	ABDOGYM		GAP		ABDOGYM		GAP		ABDOGYM	
10:00	LATINOS		FITPILATES		P. E.		A.F.		STEP	
10:30										
11:00	STRECHING			AQUAFIT	IOGA			AQUAFIT	IOGA	
11:30	IOGA									
17:00							IOGA			
17:15			IOGA		IOGA					
18:00	ZUMBA						ZUMBA			
18:30			ABDOGYM		FITPILATES					
19:00	GAP		FITNESS				FITNESS		GAP	
19:30	FITBALL				P. E.				ABDOGYM	
20:00	A.F.		ABDOGYM				ABDOGYM		LATINOS	
20:15		AQUAFIT						AQUAFIT		
20:30			BODYBOX		FITPOWER		BODYBOX			
21:00	ABDOGYM									
21:30	BODYFLEX		FITPILATES		BODYFLEX		FITBALL			

PROGRAMA ESPECIFICO PERILLO		
05/03/2014	10:00-11:00	19:30-20:30
12/03/2014	FITBALL	ESPECIAL LATINOS ENTROIDO
19/03/2014	FITBALL	STEP
26/03/2014	FITBALL	FITBALL / BODYBOX
		LATINOS