

# OFERTA ACTIVIDADES DIRIXIDAS



## LUNS

## MARTES

## MERCORES

## XOVES

## VENRES

HORA	ACTIVIDADE	MONITOR	SALA	HORA	ACTIVIDADE	MONITOR	SALA	HORA	ACTIVIDADE	MONITOR	SALA	HORA	ACTIVIDADE	MONITOR	SALA	HORA	ACTIVIDADE	MONITOR	SALA				
9:00	ZUMBA FAMILY	CATHI	PAVILLÓN	9:00	PILATES	CATHI	PAVILLÓN					9:00	RUNNING	GUS	EXTERIOR								
								10:00	GAP	HANK	PAVILLÓN					10:00	ZUMBA FAMILY	CATHI	PAVILLÓN	10:00	CROSSFIT	HANK	PAVILLÓN
								10:30	FIT-BIKE 30'	HANK	PAVILLÓN									11:00	STRETCH 30'	HANK	PAVILLÓN
11:00	AQUAGYM	HANK	PISCINA					11:00	AQUAGYM	DANI	PISCINA					11:00	PILATES	DANI	PAVILLÓN	11:00	AQUAGYM	CATHI	PISCINA
																11:30	FITJUNIOR	HANK	PAVILLÓN				
19:30	PILATES	CATHI	MIRADOR					19:30	PILATES	DANI	MIRADOR												
20:30	ZUMBA FAMILY	CHARO	PAVILLÓN	20:30	CROSSFIT	CATHI	PAVILLÓN	20:30	AEROBIC	CHARO	PAVILLÓN	20:30	FIT-BIKE	HANK	PAVILLÓN	20:30	GAP	CATHI	PAVILLÓN				
21:15	AQUAGYM	TOMÁS	PISCINA													21:00	TRX	CATHI	PAVILLÓN				
21:30	FIT-BIKE	DANI	PAVILLÓN	21:30	AQUACOMBAT	HANK	PAVILLÓN	21:30	CROSS_BIKE	DANI	PAVILLÓN	21:30	ZUMBA FAMILY	CATHI	PAVILLÓN	21:30	PILATES	CATHI	MIRADOR				
				21:30	RUNNING	GUS	EXTERIOR																

Dende o 23/07/2018 ó 31/07/2018

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