

## BONO ACTIVO: DE ABRIL A JUNIO DE 2019

Horarios:	LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES	SÁBADOS	
7		TRX				TRX					TRX								
7:30																			
8			TRX		Body Pump		TRX				TRX			Body Pump			TRX		
8:30																			
9	YOGA				Preparac. Física	Core		YOGA	GAP					Preparac. Física	Core				
9:30							TRX	YOGA	GAP	Body Pump	YOGA						YOGA	Ciclo Tonic	
10									GAP								GAP	YOGA	
10:30																	Pilates	Ballet Fitness	
11																		Body Pump	
11:30				Pilates									Pilates						
12																		Stretching	
12:30		Core									Core								
13																			
13:30			YOGA			Core						YOGA						YOGA	
14								MMA									MMA		
14:30	Ciclo Indoor			Pilates						Ciclo Indoor								Pilates	
15																		Ciclo Indoor	
15:30																		Interval Training	
16	Core	Fitness		Pilates			Fitness		Pilates		Fitness		Pilates		Fitness		Pilates	Ciclo Indoor	
16:30																			
17																			
17:30			YOGA																
18																			
18:30		Core		Zumba	Interval Training						Core	YOGA	Zumba	Interval Training					
19		Preparac. Física									Preparac. Física								
19:30																		Body Pump	
20																			
20:30								Aquagym										Aquagym	
21	Ciclo Indoor	Free Training	Tai Chi	Preparac. Física						Ciclo Indoor	Free Training	Tai Chi	Preparac. Física					TRX	
21:30															Zumba				
22																			
22:30		YOGA									YOGA								