

## Actividades Dirixidas do 29 de XULLO ao 4 de AGOSTO 2024

### HORARIO MAÑAN

HORA	LUNS	Monitor	SALA	MARTES	Monitor	SALA	MÉRCORES	Monitor	SALA	HORA	XOVES	Monitor	SALA	VENRES	Monitor	SALA
8:00	P.A.F 30 min.	YENI	FITNESS	P.A.F 30 min.	YENI	FITNESS	P.A.F 30 min.	YENI	FITNESS	8:00	P.A.F 30 min.	YENI	FITNESS	P.A.F 30 min.	YENI	FITNESS
9:00	P.A.F 30 min.	YENI	FITNESS				P.A.F 30 min.	YENI	FITNESS	9:00	ZUMBA	ITZIAR	SALA 1			
9:30				IOGA	OREL	SALA 1				9:30						
10:00	PILATES	JUDITH	SALA 2	PILATES	YENI	SALA 2	PILATES	YENI	SALA 2	10:00	PILATES	YENI	SALA 2			
	BIKE	JORGE	SALA 3				BIKE	JORGE	SALA 3						P.A.F 30 min.	YENI
11:00	ZUMBA	JUDITH	SALA 1				ZUMBA	ITZIAR	SALA 1	11:00				PILATES	YENI	SALA 2
11:30	P.A.F 30 min.	YENI	FITNESS	P.A.F 30 min.	YENI	FITNESS	P.A.F 30 min.	YENI	FITNESS	11:30	P.A.F 30 min.	YENI	FITNESS			
12:00	AQUAGYM 45 min.	JUDITH	PISCINA				AQUAGYM 45 min.	ADRIAN	PISCINA	12:00				AQUAGYM 45 min.	ADRIAN	PISCINA
14:00	P.A.F 30 min.	YENI	FITNESS	P.A.F 30 min.	YENI	FITNESS	P.A.F 30 min.	YENI	FITNESS	14:00	P.A.F 30 min.	YENI	FITNESS	P.A.F 30 min.	YENI	FITNESS

### HORARIO TARDE

HORA	LUNS	Monitor	SALA	MARTES	Monitor	SALA	MÉRCORES	Monitor	SALA	HORA	XOVES	Monitor	SALA	VENRES	Monitor	SALA
17:15	AQUAGYM 45 min.	ADRIAN	PISCINA							17:15						
17:00				GAP 30 min.	ADRIAN	SALA 2	GAP 30 min.	ADRIAN	SALA 2	17:00						
17:30				HIT	ADRIAN	SALA 1	CORE 30 min.	HUGO	SALA 2	17:30						
18:00	BIKE	HUGO	SALA 3	P.A.F 30 min.	HUGO	FITNESS	HIT	ADRIAN	SALA 1	18:00				P.A.F 30 min.	HUGO	FITNESS
												IOGA	OREL	SALA 2		
18:15										18:15	AQUAGYM 45 min.	ADRIAN	PISCINA			
18:30	P.A.F 30 min.	ADRIAN	FITNESS							18:30	P.A.F 30 min.	HUGO	FITNESS			
19:00	HIT	ADRIAN	SALA 1	PUMP	HUGO	SALA 1	BIKE	HUGO	SALA 3	19:00	HIT	HUGO	SALA 1			
							P.A.F 30 min.	ADRIAN	FITNESS							
19:00										19:15						
20:00	P.A.F 30 min.	HUGO	FITNESS	AQUAGYM 45 min.	ADRIAN	PISCINA	PILATES	HUGO	SALA 2	20:00	PUMP	ADRIAN	SALA 1	P.A.F 30 min.	HUGO	FITNESS
	GAP 30 min.	ADRIAN	SALA 2	ZUMBA	GOFREDO	SALA 2					ZUMBA	GOFREDO	SALA 2			
				P.A.F 30 min.	HUGO	FITNESS										
20:30	CORE 30 min.	ADRIAN	SALA 2				P.A.F 30 min.	ADRIAN	FITNESS	20:30						
21:00										21:00	P.A.F 30 min.	ADRIAN	FITNESS			