

ACTIVIDADES DIRIGIDAS

Lunes			Martes			Miércoles		
8:30	Zona Cross	PDB CROSS	8:30	Zona Cross	PDB FUNCIONAL	8:30	Zona Cross	PDB CROSS
		PDB FUNCIONAL			PDB METABÓLICO			PDB FUNCIONAL
9:30	Sala Polivalente	PDB TONO	9:30	Sala Polivalente	PDB ZUMBA	9:30	Sala Polivalente	PDB TONO
10:30		PDB PILATES	10:30		PDB GAP	10:30		PDB PILATES
11:30		PDB YOGA	14:30		CIRCUIT T	11:30		PDB YOGA
17:00		BODY PUMP	17:30		PDB ZUMBA	17:00		BODY PUMP
18:00		PDB PILATES	18:30		PDB TONO	18:00		PDB PILATES
19:00		PDB GAP	20:00		PDB METABÓLICO	19:00		PDB GAP
20:00		CIRCUIT T	21:00		PDB FUNCIONAL	20:00		CIRCUIT T
	Zona Cross	PDB FUNCIONAL				20:00	Zona Cross	PDB FUNCIONAL
21:00		PDB CROSS				21:00		PDB CROSS

Jueves			Viernes			Sábado		
8:30	Zona Cross	PDB FUNCIONAL	8:30	Zona Cross	PDB CROSS			
		PDB METABÓLICO			PDB FUNCIONAL	9:30	Zona Cross	PDB FUNCIONAL
9:30	Sala Polivalente	PDB ZUMBA	9:30	Sala Polivalente	CIRCUIT T	10:30	Sala polivalente	CIRCUIT T
10:30		PDB GAP	10:30		PDB GAP			
14:30		CIRCUIT T	17:30		CIRCUIT T			
17:30		PDB ZUMBA	18:30		PDB PILATES			
18:30		PDB TONO	19:30		PDB GAP			
20:00	Zona Cross	PDB METABÓLICO	20:00	Zona Cross	PDB FUNCIONAL			
21:00		PDB FUNCIONAL	21:00		PDB CROSS			

- INTENSIDAD MUY ALTA
- INTENSIDAD ALTA
- INTENSIDAD MEDIA
- INTENSIDAD SUAVE

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