

ACTIVIDADES DIRIGIDAS

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

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

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

