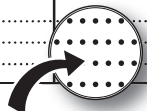


# ACTIVIDADES DIRIGIDAS SECO

- FIT ENERGY
- CARDIO BOX
- SUSPENSION TRAINING
- AEROBIC STEP
- FITBALL
- E.R.F.
- YOGA
- MASTER F.
- MASTER M.
- CICLO INDOOR
- G.A.P.
- KINESIS CIRCUIT
- BALANCE
- CORE
- FITXUMBA
- HIPOPRESIVOS
- PILATES
- CIRCUITO FUNCIONAL
- FIT POWER

	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			
	SALA	CICLO	CIRCUIT	SALA	CICLO	CIRCUIT	SALA	CICLO	CIRCUIT	SALA	CICLO	CIRCUIT	SALA	CICLO		
08:00-09:00	FIT POWER 1				CICLO INDOOR 4								G.A.P. 2		08:00-09:00	
09:00-10:00	FITBALL 1					SUSPENSION TRAINING 1			BALANCE 1					KINESIS CIRCUIT 3	CARDIO BOX 3	09:00-10:00
	FITXUMBA 1		MASTER M.		FITXUMBA 2				PILATES 6		MASTER M.		FITXUMBA 4		MASTER M.	
10:00-11:00																10:00-11:00
11:00-12:00			CIRCUITO FUNCIONAL 1													SUSPENSION TRAINING 6
		CICLO INDOOR 1		PILATES 3		SUSPENSION TRAINING 2				CICLO INDOOR 7		SUSPENSION TRAINING 3	PILATES 9		CIRCUITO FUNCIONAL 4	
12:00-13:00	MASTER F.		CORE 1	YOGA 1				MASTER F.		CORE 3			YOGA 3			12:00-13:00



\*Los puntos suspensivos marcan tramos de quince minutos (cuartos de hora)

16:00-17:00		CICLO INDOOR 2								CICLO INDOOR 8						16:00-17:00
17:00-18:00			CORE 2													17:00-18:00
	PILATES 1			PILATES 4							SUSPENSION TRAINING 4		PILATES 10			
18:00-19:00	PILATES 2			PILATES 5					PILATES 7				PILATES 11			18:00-19:00
									PILATES 8							
19:00-20:00																19:00-20:00
				YOGA 2									YOGA 4			
20:00-21:00	CARDIO BOX 1	CICLO INDOOR 3		FITXUMBA 3	CICLO INDOOR 5				FIT ENERGY 1	CICLO INDOOR 9			AEROBIC STEP 1	CICLO INDOOR 11		20:00-21:00
	FIT POWER 2			CARDIO BOX 2	CICLO INDOOR 6				G.A.P. 1				FITXUMBA 5	CICLO INDOOR 12		
21:00-22:00																21:00-22:00
22:00-23:00																22:00-23:00

