

CLASES DE XIMNASIA DIRIXIDA DO 14 DE AGOSTO AO 1 DE SETEMBRO 2023

	LUNS	MARTES	MÉRCORES	XOVES	VENRES
10:00	PILATES	PILATES	PILATES	PILATES	PILATES
11:00	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
12:00	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO
20:00	FITNESS 20:15	FITNESS 20:15	FITNESS 20:15	FITNESS 20:15	FITNESS 20:15
20:30	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
21:15	PILATES	PILATES	PILATES	PILATES	PILATES

CLASES DE XIMNASIA DIRIXIDA DO 14 DE AGOSTO AO 1 DE SETEMBRO 2023

LUNS		MARTES		MÉRCORES		XOVES		VENRES	
14	PILATES 10:00	15 PECHADO POR FESTIVO		16		17	PILATES 10:00	18	PILATES 10:00
							FITNESS 11:00		FITNESS 11:00
							CARDIO 12:00		CARDIO 12:00
	AQUAGYM 20:30				AQUAGYM 20:30		AQUAGYM 20:30		AQUAGYM 20:30
	FITNESS 20:30				FITNESS 20:30		FITNESS 20:30		FITNESS 20:30
	PILATES 21:15		PILATES 21:15		PILATES 21:15		PILATES 21:15		PILATES 21:15
21	PILATES 10:00	22	PILATES 10:00	23	PILATES 10:00	24	PILATES 10:00	25	PILATES 10:00
							FITNESS 11:00		FITNESS 11:00
							CARDIO 12:00		CARDIO 12:00
	AQUAGYM 20:30		AQUAGYM 20:30		AQUAGYM 20:30		AQUAGYM 20:30		AQUAGYM 20:30
	FITNESS 20:30		FITNESS 20:30		FITNESS 20:30		FITNESS 20:30		FITNESS 20:30
	PILATES 21:15		PILATES 21:15		PILATES 21:15		PILATES 21:15		PILATES 21:15
28 ABERTO DE 10:30/13:30		29 PECHADO POR FESTIVO		30	PILATES 10:00	31	PILATES 10:00	1	PILATES 10:00
					FITNESS 11:00		FITNESS 11:00		FITNESS 11:00
					CARDIO 12:00		CARDIO 12:00		CARDIO 12:00
					AQUAGYM 20:30		AQUAGYM 20:30		AQUAGYM 20:30
					FITNESS 20:30		FITNESS 20:30		FITNESS 20:30
	PILATES 21:15		PILATES 21:15		PILATES 21:15		PILATES 21:15		PILATES 21:15