

## CLASES DE XIMNASIA DIRIXIDA CURSO 23/24

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
<b>10:00</b>	PILATES	PILATES	PILATES	PILATES	PILATES
<b>11:00</b>	FITNESS AQUAGYM	FITNESS AQUAGYM	AQUAGYM	FITNESS AQUAGYM	FITNESS AQUAGYM
<b>12:00</b>	STEP/AEROBIC		STEP/AEROBIC		STEP/AEROBIC
<b>18:00</b>		STEP/AEROBIC		STEP/AEROBIC	
<b>20:15</b>	FITNESS	FITNESS		FITNESS	FITNESS
<b>20:30</b>	AQUAGYM		AQUAGYM		AQUAGYM
<b>21:15</b>	PILATES		PILATES		PILATES