

## BONO MULTIACTIVIDAD VERANO 2022

	LUNES			MARTES				MIÉRCOLES			JUEVES				VIERNES															
	SALA 0	SALA 1	MULTI	SALA 0	SALA 1	MULTI	SPINNING	SALA 0	SALA 1	MULTI	SALA 0	SALA 1	MULTI	SPINNING	SALA 0	SALA 1	MULTI													
10:00																		10:00												
10:15	BODY TONIC		TBF	HIIT*	TRAINING DANCE	CORE	SPINNING	BODY TONIC		TBF	PILATES	TRAINING DANCE	TRAINING FIT	SPINNING		CORE	TRAINING FIT	10:15												
10:30				ESTIRAMIENTOS																										10:30
10:45																														
11:00																		11:00												
11:15		GUN-EX	TRAINING FIT	EN BARRA		TRX		BALLET FIT	GUN-EX	TRAINING FIT	BODY TONIC	FIT BALL	HIIT*		TBF	TRX		11:15												
11:30																												11:30		
11:45																													11:45	
12:00																		12:00												
16:45																		16:45												
17:00			HIPO	BODY TONIC	TRAINING DANCE	TBF		FIT BALL		HIPO			CORE				TRX	17:00												
17:15																									17:15					
17:30																										17:30				
17:45			PILATES	BALLET FIT	GUN-EX		SPINNING		ZUMBA del 1 al 26	PILATES		HIIT*	TRX	SPINNING	HIIT*	ZUMBA del 1 al 26	TRAINING FIT	17:45												
18:00																													18:00	
18:15		ZUMBA del 1 al 26																												18:15
18:30																		18:30												
18:45																			18:45											
19:00			GAP			TRX		TANGO**		GAP	EN BARRA		TRAINING FIT				CORE	19:00												
19:15	TBF																								19:15					
19:30																									19:30					
19:45																			19:45											
20:00																		20:00												

\*HIT- ENTRENAMIENTO DE ALTA INTENSIDAD

\*\*TANGO,MILONGA,TANGO VALS