

# Horario Actividades Dirigidas: C.D. Hytasa AGOSTO

| INICIO | FINAL | LUNES    |                          | MARTES   |                          | MIÉRCOLES |                          | JUEVES   |                          | VIERNES  |         | SÁBADO |
|--------|-------|----------|--------------------------|----------|--------------------------|-----------|--------------------------|----------|--------------------------|----------|---------|--------|
|        |       | PABELLÓN | SALA                     | PABELLÓN | SALA                     | PABELLÓN  | SALA                     | PABELLÓN | SALA                     | PABELLÓN | SALA    | SALA   |
| 9:00   | 9:30  |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 9:30   | 10:00 |          | Zumbón                   |          | Circuito Pérdida<br>Peso |           | Zumbón                   |          | Circuito Pérdida<br>Peso |          | Pilates |        |
| 10:00  | 10:30 |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 10:30  | 11:00 |          | Energy<br>Power          |          | Pilates                  |           | Energy<br>Power          |          | Pilates                  |          | Zumbón  |        |
| 11:00  | 11:30 |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 11:30  | 12:00 |          | Pilates                  |          | Abs<br>Streaching        |           | Pilates                  |          | Abs<br>Streaching        |          |         |        |
| 12:00  | 12:30 |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 12:30  | 13:00 |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 16:30  | 17:00 |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 17:00  | 17:30 |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 17:30  | 18:00 |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 18:00  | 18:30 |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 18:30  | 19:00 |          | Pilates                  |          | Pilates                  |           | Pilates                  |          | Pilates                  |          |         |        |
| 19:00  | 19:30 |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 19:30  | 20:00 |          | CORE                     |          | Gluteo Strong            |           | Circuito Pérdida<br>Peso |          | Gluteo Strong            |          |         |        |
| 20:00  | 20:30 |          |                          |          |                          |           |                          |          |                          |          |         |        |
| 20:30  | 21:00 |          | Circuito Pérdida<br>Peso |          | Energy<br>Power          |           | CORE                     |          | Energy Power             |          |         |        |
| 21:00  | 21:30 |          |                          |          |                          |           |                          |          |                          |          |         |        |

\*HORARIO DE LA SALA DE  
MUSCULACIÓN:

LUNES A VIERNES: 9:00 A 13:00 Y 17:00 A 22:30  
SÁBADOS: 10:00 A 14:00 DOMINGOS CERRADOS