Actividades CD Hytasa JULIO 2019

HORA	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	DOMINGO
	Sala Polivalente	Sala Fitness	Sala Polivalente	Sala Fitness	Sala Polivalente	Sala Fitness	Sala Polivalente	Sala Fitness	Sala Polivalente	Sala Fitness	Sala Fitness	Sala Fitness
9:00-9:30		FITNESS		FITNESS		FITNESS		FITNESS		FITNESS		
9:30-10:00	ZUMBÓN		HIIT		ZUMBÓN		HIIT		GAP			
10:00-10:30											FITNESS	FITNESS
10:30-11:00	POWER PUMP		PILATES		POWER PUMP		PILATES		PILATES			
11:00-11:30												
11:30-12:00												
12:00-12:30												
12:30-13:00												
13:00-13:30												
13:30-14:00												
17:00-17:30		FITNESS		FITNESS		FITNESS		FITNESS		FITNESS		
17:30-18:00												
18:00-18:30												
18:30-19:00	ZUMBÓN		PILATES		ZUMBÓN		PILATES					
19:00-19:30												
19:30-20:00	CORE		ZUMBÓN		HIIT		ZUMBÓN					
20:00-20:30												
20:30-21:00	PILATES		POWER PUMP		PILATES		POWER PUMP					
21:00-21:30												
21:30-22:00												
22:00-22:30												

Actividades CD Hytasa AGOSTO 2019

HORA	*LUNES*		*MARTES*		*MIÉRCOLES*		*JUEVES*		VIERNES		*SÁBADO*	*DOMINGO*
	Sala Polivalente	Sala Fitness	Sala Polivalente	Sala Fitness	Sala Polivalente	Sala Fitness	Sala Polivalente	Sala Fitness	Sala Polivalente	Sala Fitness	Sala Fitness	Sala Fitness
9:00-9:30		FITNESS		FITNESS		FITNESS		FITNESS		FITNESS		
9:30-10:00	ZUMBÓN		HIIT		HIIT		ZUMBÓN					
10:00-10:30											FITNESS	FITNESS
10:30-11:00	POWER PUMP		PILATES		PILATES		PILATES					
11:00-11:30												
11:30-12:00												
12:00-12:30												
12:30-13:00												
13:00-13:30												
13:30-14:00												
17:00-17:30		FITNESS		FITNESS		FITNESS		FITNESS		FITNESS		
17:30-18:00												
18:00-18:30												
18:30-19:00												
19:00-19:30												
19:30-20:00	CIRCUITO PERDIDA DE PESO		ZUMBÓN		CIRCUITO PERDIDA DE PESO		ZUMBÓN					
20:00-20:30												
20:30-21:00	PILATES		POWER PUMP		PILATES		POWER PUMP					
21:00-21:30												
21:30-22:00												
22:00-22:30												