



SALAS SALA1 SALA2 SALA3 PABELLON S. FITNESS

VIERNES



Time	Carmen	David	Fran	Inma	Juan	Maria V.	Mª del Mar	Paco	Rafa	Fátima	Antonio	Tecnico 1	Saida	Germán	Jairo	Tecnico 2º	Rocio	Raúl	Javi	Paco
8:00						Sala Fitness											SOS			
8:15						ABD 30'											Swin Perfect			
8:30						Cross 30'											Pool Gym			
8:45						Body Balance											Pool Run			
9:00																				
9:15																				
9:30	Sala Fitness								Bike			Swin Basic								
9:45																				
10:00																				
10:15																				
10:30	Sh'abam					Sala Fitness			Body Pump			Mater's								
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11:45	Body Combat																			
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7.50	3.00	5.50	0.00	6.00	6.25	0.00	0.00	5.75	0.00	4.75	0.00	2.25	7.50	5.25	0.00	7.25	7.50	0.00	0.00
7.50	3.00	5.50	0.00	6.00	6.25	0.00	0.00	5.75	0.00	4.75	0.00	2.25	7.50	5.25	0.00	7.25	7.50	0.00	0.00