

































CENTRO DEPORTIVO MUNICIPAL BODY FACTORY PRADO DE SOMOSAGUAS

	LUNES					MARTES					MIÉRCOLES				
	Wellness	Zen	Ciclo	Fitness	Aqua	Wellness	Zen	Ciclo	Fitness	Aqua	Wellness	Zen	Ciclo	Fitness	Aqua
7:30															
7:45															
8:00			 JUAN				 JUAN						 JUAN		
8:15			7:30												
8:30															
8:45															
9:00		 ANA										 PALOMA			
9:15		9:00													
9:30						 BODY PUMP	 PALOMA				 9:30 JUAN	 9:00			
9:45						9:30 FER						 BODY BALANCE			
10:00	 BODY ATTACK	GIMNASIA SUAVE. SILVIA									 BODY COMBAT	 10.00 PALOMA			
10:15		10:00													
10:30	10:00 JUAN					DANCE DAVI	 PALOMA								
10:45		 Yoga				10:30	10:15								
11:00	 BODY BALANCE							 FER							
11:15								10:30							
11:30															
11:45	11.00 JUAN	MIRIAM		Elastic training 11.30		CROSS FACTORY									
12:00		11:00				11.45 FER									
12:15						 CROSSFACTORY									
12:30						ENTRENAMIENTO DE ELITE									
12:45															
13:00															
13:15															
13:30															
13:45															
14:00															
14:15															
14:30	 BODY PUMP	HIPOPRESIVO	 JUAN												
14:45		14:30 PALO	14:30			G.A.P. 45'		 JUAN							
15:00	14:30 DAVID					14:30 DAVID		14:30							
15:15															
15:30															
15:45															
16:00															
16:15															
16:30															
16:45															
17:00															
17:15	 PILATES	DIEGO	BRENDA												
17:30		17:15	17:15												
17:45															
18:00		ABD CLAUDIO				GAP 17.30 GAP DAVID									
18:15		18:00	 TONI												
18:30	FITNESS	HIPOPRESIVO	18:00			FACTORY BOXING DAVID	 BODY BALANCE	 DIEGO							
18:45	18:00 DAVID	18.30 SILVIA		CIRCUITO PERDIDA DE PESO (CLAU)				18:30							
19:00															
19:15	 ZUMBA	 BODY BALANCE	 TONI												
19:30		19:00 DAVID	19:00												
19:45	19:00 ERN					ADRI 19:00:00									
20:00	 BODY COMBAT	 PILATES	 OSCAR	20.00 ABD Express GONZALO											
20:15															
20:30	20:00 DAVID	DIEGO													
20:45		20:00													
21:00	 BODY PUMP	STRECHING													
21:15		21.00 CLAUDIO													
21:30															
21:45	21:00 OSCAR														
22:00															
22:15															

ALTA QUEMA CALORICA	PISCINA	COREOGRAFIA O BAILE
FUERZA	CUERPO Y MENTE	EXPRESS CLASS 30 MINUTOS

