

Centro Deportivo Gimnasio Olimpico

INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADOS
9:30	10:30	SPINNING		SPINNING		SPINNING	FITNESS
10:00	11:00		SPINNING		SPINNING		FITNESS
10:30	11:30	SPINNING		SPINNING		SPINNING	FITNESS
19:00	20:00	SPINNING		SPINNING			FITNESS
20:00	21:00	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	FITNESS
21:00	22:00	SPINNING		SPINNING			FITNESS
9:30	10:30		GAP		GAP		FITNESS
19:30	20:30		GAP		GAP		FITNESS
10:30	11:30	FUNCIONAL TRAINNING		FUNCIONAL TRAINNING		FUNCIONAL TRAINNING	FITNESS
17:00	18:00	FUNCIONAL TRAINNING		FUNCIONAL TRAINNING		FUNCIONAL TRAINNING	FITNESS
18:00	19:00		FUNCIONAL TRAINNING		FUNCIONAL TRAINNING		FITNESS
19:00	20:00	AEROBIC - STEP		AEROBIC - STEP		AEROBIC - STEP	FITNESS
18:30	19:30		BODY PUMB		BODY PUMB		FITNESS
19:00	20:00	AEROBIC STEP		AEROBIC STEP		AEROBIC STEP	FITNESS
10:00	11:00		PILATES		PILATES		FITNESS
17:30	18:40		PILATES		PILATES		FITNESS
12:30	13:30		BAILES LATINOS		BAILES LATINOS		FITNESS
19:30	20:30		BAILES LATINOS		BAILES LATINOS		FITNESS
20:00	21:30			MMA-JIU JITSU BRASILEÑO		MMA-JIU JITSU BRASILEÑO	FITNESS
10:30	12:00						DEFENSA PERSONAL Y JITSU
20:30	21:30		FULL CONTACT		FULL CONTACT		FITNESS

17:30	18:30		KARATE		KARATE		FITNESS
19:30	19:30		KARATE		KARATE		FITNESS
20:00	21:00	BOXEO		BOXEO			FITNESS
10:30	11:30		ZUMBA		ZUMBA		FITNESS
LIBRE	LIBRE	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS

De Lunes a viernes: de 08:00 a 14:00 y de 16:30 a 22:00 h. – Sábados: de 10:00 a 14:00 h.

POSIBILIDAD DE NUEVOS HORARIOS Y ACTIVIDADES