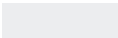


SPORTING CLUB BENDINAT

A PARTIR DEL DIA 01 DE AGOSTO

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07.30							
08.00	CIRCUIT EXPRESS '30	CIRCUIT EXPRESS '30	CIRCUIT EXPRESS '30	STRETCHING '30	PILATES '45		
08.15							
08.30		CYCLING '45		CYCLING '45			
09.00					HIIT '30		
09.15							
09.30	BODY PUMP '45	ZUMBA '45	CYCLING '45	ZUMBA '45	CYCLING '45		
10.00						FUNTIONAL TRAINING '45	
10.30	YOGA '60		BODY PUMP '45	BODY PUMP '45			
11.00		CORE EXPRESS '30			CORE EXPRESS '30		STRETCHING '30
11.30	CICLING '45	ESPALDA SANA '60	PILATES '45	PILATES '45			
12.00							
12.30							
14.00	CIRCUIT EXPRESS '30		TRX '30				
14.30							
15.30	HIIT '30		FUNCTIONAL TRAINING '30				
16.30							
17.00		FUNTIONAL TRAINING '45		BODY PUMP '45			
17.30	PILATES '45		17.15 - YOGA '50		PILATES '45		
18.00		CIRCUIT BOX '60 / CORE '30		CIRCUIT BOX '60 / TRX '30			
18.30	ZUMBA '45		ZUMBA '45		ZUMBA '45		
19.00		CYCLING (19:05H) '45	CROSS TRAINING '45	CYCLING (19:05H) '45			
19.15							
19.30	BODY PUMP '45				BODY PUMP '45		
20.00		FUNCTIONAL TRAINING '30		FUNCTIONAL TRAINING '30			
21.00							
21.30							
22.00							

 HORARIO DE APERTURA

 ZUMBA / PILOXING

 RUNNING / CYCLING

 TRABAJO CARDIOVASCULAR

 FUERZA Y TONIFICACIÓN

 GIMNASIAS SUAVES

 ACTIVIDAD OUTDOOR