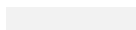


SPORTING CLUB BENDINAT

A PARTIR DEL DÍA 2 DE MARZO

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07.30	EXPRESS WORKOUT 45'		EXPRESS WORKOUT 45'		PILATES 45'		
08.00							
08.15							
08.30							
09.00							
09.15							
09.30	ZUMBA 45'		CYCLING 45'	BODY PUMP 45'	CYCLING 45'		
10.00						CROSS TRAINING 45'	CYCLING 45'
10.30	CYCLING 45'	BODY PUMP 45'					
11.00						PILATES 45'	ZUMBA 45'
11.30	YOGA 50'	PILATES 45'	CROSS TRAINING 45'	PILATES 45'	BODY PUMP 45'		
12.00							
12.15							
14.00							
14.30							
15.30							
16.30							
17.00		CROSS TRAINING 45'	YOGA 50'	BODY PUMP 45'			
17.15							
17.30	PILATES 45'				PILATES 45'		
18.00							
18.30	ZUMBA 45'		PILOXING 45'		ZUMBA 45'		
19.00		CYCLING 45'	CROSS TRAINING 45'	CYCLING 45'			
19.15							
19.30	BODY PUMP 45'						
20.00							
21.00							
21.30							
22.00							

HORARIO DE APERTURA



ZUMBA / PILOXING



RUNNING / CYCLING



TRABAJO CARDIOVASCULAR



FUERZA Y TONIFICACIÓN



GIMNASIAS SUAVES

