PROGRAMA DE ACTIVIDADES CLUB MONTEVERDE
TEMPORADA 2023 / 24

HORARIO	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SABADO	
	SPINNING	AEROBIC	WORKZONE	SPINNING	AEROBIC	WORKZONE	SPINNING	AEROBIC	WORKZONE	SPINNING	AEROBIC	WORKZONE	SPINNING	AEROBIC	WORKZONE	SPINNING	AEROBIC
8:00 - 8:30	SPINNING				WORKING OUT - D		SPINNING				WORKING OUT - D						
8:30 - 9:00																	
9:00 - 9:30																	
9:30 - 10:00		MANTENIMIENTO			PILATES			MANTENIMIENTO			PILATES						
10:00 - 10:30				WORKING OUT - D						WORKING OUT - D							
10:30 - 11:00	WORKING OUT - L	AQUAGYM			PILATES		WORKING OUT - L	AQUAGYM			PILATES						
11:00 - 11:30																	
11:30 - 12:00																	
17:00 - 17:30					BAILE INFANTIL						BAILE INFANTIL						
17:30 - 18:00	SPINNING	YOGA		WORKING OUT - L			SPINNING	YOGA		WORKING OUT - L							
18:00 - 18:30														CONTROL ESTRÉS			
18:30 - 19:00		WORKING OUT - D			PILATES			WORKING OUT - D			PILATES						
19:00 - 19:30			FUNCIONAL			GAP			FUNCIONAL			GAP					
19:30 - 20:00		WORKING OUT - D		WORKING OUT - L	PILATES			WORKING OUT - D		WORKING OUT - L	PILATES						
20:00 - 20:30			STEP			BODY PUMP			STEP			BODY PUMP					
20:30 - 21:00	WORKING OUT - D				WORKING OUT - L	BOXEO	WORKING OUT - D				WORKING OUT - L	BOXEO					
21:00 - 21:30																	
	PABELLON COLEGIO S.PATRICIO						PABELLON COLEGIO S.PATRICIO										
18:30 - 20:00	GIMNASIA RÍTMICA						GIMNASIA RÍTMICA										
				PISTA MULTIDEPORTE						PISTA MULTIDEPORTE							
18:00 - 19:00				PATINAJE ARTÍSTICO						PATINAJE ARTÍSTICO							