PROGRAMA DE ACTIVIDADES CLUB MONTEVERDE
TEMPORADA 2023 / 24

HORARIO	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
	SPINNING	AEROBIC	WORKZONE	SPINNING	AEROBIC	WORKZONE	SPINNING	AEROBIC	WORKZONE	SPINNING	AEROBIC	WORKZONE	SPINNING	AEROBIC	WORKZONE
8:00 - 8:30					WORKING OUT - D						WORKING OUT - D				
8:30 - 9:00															
9:00 - 9:30															
9:30 - 10:00					PILATES						PILATES				
10:00 - 10:30				WORKING OUT - D						WORKING OUT - D					
10:30 - 11:00	WORKING OUT - L				PILATES		WORKING OUT - L				PILATES				
11:00 - 11:30															
11:30 - 12:00															
16:00 - 16:30		PILATES						PILATES							
16:30 - 17:00															
17:00 - 17:30					ZUMBA						ZUMBA				
17:30 - 18:00		WORKING OUT - D				WORKING OUT - L		WORKING OUT - D				WORKING OUT - L			
18:00 - 18:30														CONTROL ESTRÉS	
18:30 - 19:00		WORKING OUT - D	GAP		PILATES			WORKING OUT - D	GAP		PILATES				
19:00 - 19:30															
19:30 - 20:00		WORKING OUT - D	BODY PUMP		PILATES	WORKING OUT - L		WORKING OUT - D	BODY PUMP		PILATES	WORKING OUT - L			
20:00 - 20:30															
20:30 - 21:00		WORKING OUT - D	STEP		BODY BALANCE	WORKING OUT - L		WORKING OUT - D	STEP		BODY BALANCE	WORKING OUT - L			
21:00 - 21:30															