



PABELLÓN MUNICIPAL DE DAGANZO DE ARRIBA
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Clases Colectivas Verano

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	
9:30	CICLO INDOOR (SALA1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA1)		
10:30	GAP (SALA 4)	POWER BODY (SALA 4)	FUNCIONAL TRAINING (SALA 4)	POWER BODY (SALA 4)	GAP (SALA 4)		
18:00	FUNCIONAL TRAINING (SALA 4)	AEROZUMBA (SALA 4)	GAP (SALA 4)	PREPILATES (SALA 6)	POWER BODY (SALA 4)		
19:00	CICLO INDOOR (SALA1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA1)		
20:00	POWER BODY (SALA 4)	FUNCIONAL TRAINING (SALA 4)	POWER-BODY (SALA 4)	FUNCIONAL TRAINING (SALA 4)	GAP (SALA 4)		
20:45		INTENSITY* (EXTERIOR)					
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="display: flex; align-items: center;"> CICLO INDOOR </div> <div style="display: flex; align-items: center;"> TONIFICACIÓN </div> <div style="display: flex; align-items: center;"> CUERPO Y MENTE </div> <div style="display: flex; align-items: center;"> BAILE </div> <div style="display: flex; align-items: center;"> ENTRENAMIENTO GLOBAL </div> </div>							
* INTENSITY mes de julio							

