



PABELLÓN MUNICIPAL DE DAGANZO DE ARRIBA
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Clases Colectivas

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
9:30	CICLO INDOOR (SALA 1)	POWER BODY (SALA 4)	CICLO INDOOR (SALA 1)	AEROZUMBA (SALA 4)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)
9:30	AEROZUMBA (SALA 4)					
10:30	GAP (SALA 4)	CICLO INDOOR (SALA 1)	GAP (SALA 4)	POWER BODY (SALA 4)	MEJORA FÍSICA (SALA 4)	FUNCIONAL TRAINING (SALA 4)

17:30	GAP (SALA 4)	PRE-YOGA (SALA 6)	FUNCIONAL TRAINING (SALA 4)	PRE-PILATES (SALA 6)		
18:00				ABDOMINALES 30' (SALA 4)	FUNCIONAL TRAINING (SALA 4)	
18:30	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)		
18:30	AERO-BOSSU (SALA 4)	AEROZUMBA (SALA 4)		POWER-BODY (SALA 4)		
19:00					AEROZUMBA (SALA 4)	
19:00					CICLO INDOOR (SALA 1)	
19:30	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)		
19:30	INTENSITY (EXTERIOR)	ABDOMINALES 30' (SALA 4)	FITBALL (SALA 4)	INTENSITY (EXTERIOR)		
20:00					POWER BODY (SALA 4)	
20:15		FUNCIONAL TRAINING (SALA 4)				
20:30	POWER BODY (SALA 4)		GAP (SALA 4)	FUNCIONAL TRAINING (SALA 4)		



CICLO INDOOR



TONIFICACIÓN



CUERPO Y MENTE



BAILE



ENTRENAMIENTO GLOBAL