



ABONO DEPORTE



LUNES

9.30-10.30 AEROTONO
10.45-11.30 AQUAGIM

18.00-19.00 MARCHA NORD
ESTIRAMIENTOS

18.30-19.30 SPINNING
19.15-20.15 AEROTONO
TRX TRAINING

19.30-20.30 SPINNING
20.15-21.15 ZUMBA



MARTES

9.15-10.15 GIMNASIA SUAVE
10.30-11.30 SPINNING

15.30-16.30 SPINNING

18.00-19.00 STEP
SPINNING EUSK

19.00-20.00 INSANITY
SPINNING
19.15-20.15 CROSS TRAINING

20.15-21.15 BODY FIT



MIERCOLES

9.30-10.30 AEROTONO
10.45-11.30 AQUAGIM

18.00-19.00 MARCHA NORD
GIM.ACTIVA

18.30-19.30 SPINNING
19.00-20.00 BODY FIT
19.15-20.15 TONO TRAINING

19.30-20.30 SPINNING
20.15-21.15 ZUMBA

JUEVES

9.15-10.15 GIMNASIA SUAVE
10.15-11.15 BODY FIT

15.30-16.30 SPINNING

18.00-19.00 INSANITY
SPINNING EUSK

19.00-20.00 STEP
SPINNING
19.15-20.15 BOX TRAINING

20.00-21.00 BODY FIT

VIERNES

9.30-10.30 AEROTONO
10.30-11.30 SPINNING
10.45-11.30 AQUAGIM

SABADO

10.30-11.30 SPINNING



ESCANEA EL CÓDIGO QR
Y HAZ TUS RESERVAS

