

HORARIO ACTIVIDADES 2020/2021

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|--------------------------------------|---------------------------------|--------------------------------------|---------------------------------|--------------------------------------|-------------------------|
| 10:00-11:00H. TAI CHI CHI KUNG | 9:30-10:00H. TONO ABD | 10:00-11:00H. TAI CHI CHI KUNG | 9:30-10:00H. TONO ABD | | 10:30-12:30H. AIKIDO |
| | 10:05-10:50H. ZHUMBA-DANCE | 9:30-10:30H. PILATES | 10:05-10:50H. STEP | 9:30-10:30H. PILATES | |
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| 17:00-17:50H. TAI CHI CHI KUNG | 17:30-18:00H. TONO ABD | 17:00-17:50H. TAI CHI CHI KUNG | 17:30-18:00H. TONO ABD | 17:00-17:45H. E. FUNCIONAL | |
| 18:00-18:50H. KUNG FU INFANTIL | 18:30-19:20H. PILATES | 18:00-18:50H. KUNG FU INFANTIL | 18:30-19:20H. PILATES | 18:00-18:50H. KUNG FU INFANTIL | |
| 19:00-20:00H. KUNG FU JUNIOR | 19:30-20:15H. ZHUMBA-DANCE | 19:00-20:00H. KUNG FU JUNIOR | 19:30-20:15H. ZHUMBA-DANCE | 19:00-19:50H. KUNG FU JUNIOR | |
| 20:10-21:15H. KUNG FU AVANZADO | 19:45-21:00H. AIKIDO | 20:10-21:15H. KUNG FU AVANZADO | 19:45-21:00H. AIKIDO | 20:00-20:50H. KUNG FU AVAZADO | |
| 20:10-21:00H. PILATES | 20:20-21:05H. CICLO INDOOR | 20:10-21:00H. PILATES | 20:20-21:05H. CICLO INDOOR | | |
| 21:10-22:00H. STEP | 21:15-22:00H. STRETCH & FLOW | 21:10-22:00H. STEP | 21:15-22:00H. STRETCH & FLOW | | |
| 21:20-22:30H. SANDÁ - KUNGFU | | 21:20-22:30H. SANDÁ - KUNGFU | | | |

HORARIO SALA FITNESS & MUSCULACIÓN:

DE LUNES A VIERNES: DE 8:00 A 13:30H. Y DE 16:00 A 22:30H.

SÁBADOS: DE 9:30 A 13:00H.



Más información:

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