

CARTUJA

CLUB

PARRILLA ACTIVIDADES SEPTIEMBRE

SALAS / HORAS DE HASTA	LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES			
	CLASES	POWER SALA FOCUS	REAXING DYNAMIC ROOM	CYCLING SALA 53 STUDIO	CLASES	POWER SALA FOCUS	REAXING DYNAMIC ROOM	CYCLING SALA 53 STUDIO	CLASES	POWER SALA FOCUS	REAXING DYNAMIC ROOM	CYCLING SALA 53 STUDIO	CLASES	POWER SALA FOCUS	REAXING DYNAMIC ROOM	CYCLING SALA 53 STUDIO	CLASES	POWER SALA FOCUS	REAXING DYNAMIC ROOM	CYCLING SALA 53 STUDIO
8:00 8:30		MOVE				TRAIN				MOVE				TRAIN				MOVE		
8:30 9:00	PILATES		REACCIONA		YOGA		REACCIONA		PILATES		REACCIONA		YOGA		REACCIONA		PILATES		REACCIONA	
9:00 9:30		PLAY				PLAY				PLAY				PLAY				PLAY		
9:30 10:00	TRX			30' EXPRESS				30' EXPRESS	TRX			30' EXPRESS				30' EXPRESS	YOGA			30' EXPRESS
10:00 10:30			RESETEA				ACTÍVATE				RESETEA				ACTÍVATE				RESETEA	
10:30 11:00					TRX								TRX							
11:00 11:30				60 MIN				45 MIN				60 MIN				45 MIN	TRX			60 MIN
11:30 12:00																				
12:00 12:30		MOVE				MOVE				MOVE				MOVE				MOVE		
14:30 15:00		MOVE				MOVE				MOVE				MOVE						
15:00 15:30				30' EXPRESS				30' EXPRESS				30' EXPRESS				30' EXPRESS				
17:00 17:30		TRAIN				TRAIN				TRAIN				TRAIN						
17:30 18:00			ACTÍVATE				ACTÍVATE				ACTÍVATE				ACTÍVATE					
18:00 18:30						TRAIN								TRAIN						
18:30 19:00	PILATES			45 MIN	YOGA			60 MIN	PILATES			45 MIN	YOGA			60 MIN	PILATES			
19:00 19:30		PLAY				MOVE				PLAY				MOVE						
19:30 20:00			RESETEA				ACTÍVATE				RESETEA				ACTÍVATE					
20:00 20:30		TRAIN		30' EXPRESS	TRX			30' EXPRESS		TRAIN		30' EXPRESS	TRX			30' EXPRESS				
20:30 21:00	YOGA		ACTÍVATE				RESETEA		YOGA		ACTÍVATE				RESETEA					
21:00 21:30		MOVE				PLAY				MOVE				PLAY						