Paco Artiles
POLIDEPORTIVO MUNICIPAL Telde

LUNES A VIERNES DE 06:00 - 22:30 | SÁBADOS DE 08:00 - 20:00 | DOMINGOS DE 09:00 - 15:00

	Lunes	Martes	Miércoles	Jueves	Viernes
8:00	FIT&CROSS		FIT&CROSS		
8:00	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
9:00	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING
	PILATES	PILATES	PILATES	PILATES	PILATES
	TOTAL TRAINING		TOTAL TRAINING		TOTAL TRAINING
	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
9:15		ZUMBA		ZUMBA	
10:00	ZUMBA	G.A.P.	ZUMBA	G.A.P.	ZUMBA
	AQUAGYM		AQUAGYM		AQUAGYM
10:15	G.A.P.		G.A.P.		G.A.P.
11:00		BAILES CARIBEÑOS		BAILES CARIBEÑOS	
	AQUAGYM	AQUAPILATES FIT	AQUAGYM	AQUAPILATES FIT	AQUAGYM
11:15		FIT&CROSS		FIT&CROSS	
12:00	CHI KUNG	YOGA	CHI KUNG	YOGA	CHI KUNG
14:00		AQUAGYM		AQUAGYM	
16:00		ZUMBA KIDS		ZUMBA KIDS	
		PILATES		PILATES	
17:00	CLUB DEL CORREDOR	FIT&CROSS	CLUB DEL CORREDOR	FIT&CROSS	CLUB DEL CORREDOR
		ZUMBA		ZUMBA	
17:15	ZUMBA		ZUMBA		ZUMBA
17:30	B.A.P.	SPINNING	B.A.P.	SPINNING	B.A.P.
18:00	SPINNING	G.A.P.	SPINNING	G.A.P.	SPINNING
18:15	STEP TRAINING	ZUMBA	STEP TRAINING	ZUMBA	STEP TRAINING
18:30	ZUMBA	SPINNING	ZUMBA	SPINNING	ZUMBA
19:00		TOTAL TRAINING		TOTAL TRAINING	
19:15	FULL BODY	FIT&CROSS	FULL BODY	FIT&CROSS	FULL BODY
	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
19:30	TOTAL TRAINING		TOTAL TRAINING		TOTAL TRAINING
	SPINNING		SPINNING		SPINNING
20:00		SPINNING		SPINNING	
		PILATES		PILATES	
20:15	AQUAGYM	AQUACOMBO	AQUAGYM	AQUACOMBO	AQUAGYM
	FIT&CROSS	STEP TRAINING	FIT&CROSS	STEP TRAINING	FIT&CROSS
20:30	YOGA		YOGA		YOGA
	SPINNING		SPINNING		
21:00		FULL BODY		FULL BODY	
21:15	AQUAFIT	AQUAFIT	AQUAFIT	AQUAFIT	AQUAFIT
	ZUMBA	FIT&CROSS	ZUMBA	FIT&CROSS	ZUMBA
22:00		BAILES CARIBEÑOS		BAILES CARIBEÑOS	

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