PROGRAMA DE ACTIVIDADES CLUB MONTEVERDE
TEMPORADA 2024 / 25

HORARIO	LUNES			MARTES			MIÉRCOLES			JUEVES			SABADO		
	SPINNING	COLECTIVA	WORKZONE	SPINNING	COLECTIVA	WORKZONE	SPINNING	COLECTIVA	WORKZONE	SPINNING	COLECTIVA	WORKZONE	SPINNING	COLECTIVA	WORKZONE
7:30 - 8:00	WORKING OUT - L						WORKING OUT - L								
8:00 - 8:30					WORKING OUT - D						WORKING OUT - D				
8:30 - 9:00															
9:00 - 9:30															
9:30 - 10:00	WORKING OUT - L				PILATES		WORKING OUT - L				PILATES				
10:00 - 10:30				WORKING OUT - D						WORKING OUT - D					
10:30 - 11:00					PILATES						PILATES			BOXEO INFANTIL	BOXEO ADULTO
11:00 - 11:30															
11:30 - 12:00															
12:00 - 12:30															

													VIERNES		
													SPINNING	COLECTIVA	WORKZONE
15:30 - 16:00		YOGA						YOGA							
16:00 - 16:30															
16:30 - 17:00		PILATES						PILATES							
17:00 - 17:30															
17:30 - 18:00		WORKING OUT - D			STEP	WORKING OUT - L		WORKING OUT - D			STEP	WORKING OUT - L			
18:00 - 18:30															
18:30 - 19:00		WORKING OUT - D	BODY PUMP		PILATES	WORKING OUT - L		WORKING OUT - D	BODY PUMP		PILATES	WORKING OUT - L			
19:00 - 19:30															
19:30 - 20:00		WORKING OUT - D	ESTIRAMIENTOS		PILATES	WORKING OUT - L		WORKING OUT - D	ESTIRAMIENTOS		PILATES	WORKING OUT - L			
20:00 - 20:30															
20:30 - 21:00		WORKING OUT - D	BODY COMBAT		BODY BALANCE	WORKING OUT - L		WORKING OUT - D	BODY COMBAT		BODY BALANCE	WORKING OUT - L		BAILE LATINO	
21:00 - 21:30															