

arena ALICANTE

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ACTIVIDADES Y HORARIOS

LUNES								
ACTIV. 1	ACTIV. 2	TATAMI 1	TATAMI 2	CICLO	INDOOR	AGUA	FITNESS	HORAS
								7:00-7:30
				CICLO INDOOR				7:30-8:00
								8:00-8:30
		BODY BALANCE						8:30-9:00
								9:00-9:30
BODY PUMP		PILATES			INDOOR WALKING	AQUAGYM		9:30-10:00
BODY COMBAT	YOGA	KRAV MAGA (DEFENSA PERSONAL)		CICLO INDOOR		POOLBIKE		10:00-10:30
SALSA	KUNG-FU	PILATES					ABDOMINALES	10:30-11:00
	TAICHI							11:00-11:30
								11:30-12:00
								12:00-12:30
								12:30-13:00
								13:00-13:30
								13:30-14:00
								14:00-14:30
BODY PUMP				CICLO INDOOR				14:30-15:00
	SACO BOX				INDOOR WALKING			15:00-15:30
								15:30-16:00
								16:00-16:30
								16:30-17:00
								17:00-17:30
BODY COMBAT	ESPALDA SANA	JUDO INFANTIL		CICLO INDOOR	INDOOR WALKING			17:30-18:00
	T.B.C.			CICLO INDOOR	INDOOR WALKING			18:00-18:30
PILATES		JUDO ADULTOS		CICLO INDOOR	INDOOR WALKING			18:30-19:00
BODY PUMP	HIP - HOP			CICLO INDOOR		POOLBIKE EXTREM	ABDOMINALES	19:00-19:30
	SALSA			CICLO INDOOR				19:30-20:00
KRAV MAGA (DEF. PERSONAL)				CICLO INDOOR		AQUAGYM		20:00-20:30
								20:30-21:00
								21:00-21:30
								21:30-22:00
								22:00-22:30
								22:30-23:00
								23:00-23:30

MARTES								
ACTIV. 1	ACTIV. 2	TATAMI 1	TATAMI 2	CICLO	INDOOR	AGUA	FITNESS	HORAS
								7:00-7:30
BODY PUMP								7:30-8:00
								8:00-8:30
DANZA DEL VIENTRE		PILATES						8:30-9:00
								9:00-9:30
ESPALDA SANA	LATINO	YOGA		CICLO INDOOR		AQUAGYM		9:30-10:00
								10:00-10:30
G.A.P.	SACO BOX	PILATES II			INDOOR WALKING	POOLBIKE	ABDOMINALES	10:30-11:00
								11:00-11:30
	PILATES	ESPALDA SANA						11:30-12:00
								12:00-12:30
								12:30-13:00
								13:00-13:30
								13:30-14:00
								14:00-14:30
	SACO BOX			CICLO INDOOR				14:30-15:00
								15:00-15:30
		PILATES		CICLO INDOOR				15:30-16:00
								16:00-16:30
								16:30-17:00
								17:00-17:30
KUNG-FU					INDOOR WALKING			17:30-18:00
G.A.P.	ESCUELAS INFANTILES	YOGA		CICLO INDOOR				18:00-18:30
								18:30-19:00
AEROBIC	ESCUELAS INFANTILES	AIKIDO	PILATES	CICLO INDOOR	INDOOR WALKING			19:00-19:30
								19:30-20:00
BODY PUMP	BODY COMBAT	AIKIDO	PILATES	CICLO INDOOR			ABDOMINALES	20:00-20:30
	LATIN JAZZ					AQUAGAP		20:30-21:00
PILATES		AIKIDO AVANZADO			INDOOR WALKING			21:00-21:30
								21:30-22:00
								22:00-22:30
								22:30-23:00
								23:00-23:30

MIÉRCOLES								
ACTIV. 1	ACTIV. 2	TATAMI 1	TATAMI 2	CICLO	INDOOR	AGUA	FITNESS	HORAS
								7:00-7:30
				CICLO INDOOR				7:30-8:00
								8:00-8:30
								8:30-9:00
		PILATES						9:00-9:30
								9:30-10:00
BODY PUMP	DANZA DEL VIENTRE	ESPALDA SANA			INDOOR WALKING	AQUAGYM		10:00-10:30
								10:30-11:00
AEROBIC	SEVILLANAS	BODY BALANCE		CICLO INDOOR		POOLBIKE		11:00-11:30
SALSA	KUNG-FU	PILATES					ABDOMINALES	11:30-12:00
	TAICHI							12:00-12:30
								12:30-13:00
								13:00-13:30
								13:30-14:00
								14:00-14:30
								14:30-15:00
				CICLO INDOOR	INDOOR WALKING			15:00-15:30
								15:30-16:00
BODY PUMP		PILATES						16:00-16:30
								16:30-17:00
								17:00-17:30
								17:30-18:00
AERODANCE	BODY BALANCE	JUDO INFANTIL		CICLO INDOOR				18:00-18:30
	PILATES			CICLO INDOOR				18:30-19:00
BODY PUMP		JUDO INFANTIL		CICLO INDOOR	INDOOR WALKING			19:00-19:30
	SACO BOX			CICLO INDOOR	INDOOR WALKING	POOL BIKE EXTREM	ABDOMINALES	19:30-20:00
BODY BALANCE		JUDO ADULTOS		CICLO INDOOR	INDOOR WALKING			20:00-20:30
	HIP-HOP			CICLO INDOOR		AQUAGYM		20:30-21:00
BODY PUMP				CICLO INDOOR				21:00-21:30
								21:30-22:00
								22:00-22:30
								22:30-23:00
								23:00-23:30

