

CLASES COLECTIVAS SALA FITNESS DEHESA DE NAVALCARBÓN

MAÑANAS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	GAP 08:00-08:45 MIGUEL A		CIRCUITO FUNCIONAL 08:00-08:45 MIGUEL A	
				CORE 11:00-11:30 NOE
TONIFICACIÓN 12:30-13:00 NOE	CIRCUITO FUNCIONAL 12:15-13:15 MIGUEL A	TONIFICACIÓN 12:30-13:00 NOE	GAP 12:15-13:15 MIGUEL A	
CIRCUITO 13:00-13:45 NOE		CIRCUITO 13:00-13:45 NOE		

MEDIODÍA

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	GAP 15:00-16:00 NOE		CORE+STRECHING 15:00-15:45 NOE	