# OFERTA CD. SARDIÑEIRA AA.DD. 31/ 12/ 2018 al 06/01/ 2019

## LUNES

| HORA | ACTIVIDAD | CATEGORÍA | DURAC. | SALA |
|---|---|---|---|---|
| 9:00 | CICLING | | 45´ | 2 |
| 10:00 | B. BALANCE | | 50´ | 1 |
| | BAILES DE SALON | | 50´ | 4 |
| 11:00 | B.PUMP | | 45´ | 1 |
| 14:30 | B. PUMP | | 45´ | 1 |
| 15:30 | TOTAL CORE | | 25´ | 1 |
| 17:00 | YOGA | | 50´ | 1 |
| 18:00 | TBC | | 50´ | 5 |
| 19:00 | GAP | | 45´ | 5 |
| 19:30 | CICLING | | 45´ | 2 |
| | B. PUMP | | 45´ | 1 |
| 20:00 | LATINOS | | 50´ | 5 |
| 20:30 | TOTAL CORE | | 25´ | 1 |
| | CICLING | | 45´ | 2 |
| 21:00 | B. COMBAT INIC | | 50´ | 1 |
| | TBC | | 50´ | 5 |

## MARTES

| HORA | ACTIVIDAD | CATEGORÍA | DURAC. | SALA |
|---|---|---|---|---|
| 9:00 | AF SENIOR | | 50´ | 5 |
| | B. PUMP | | 45´ | 1 |
| 10:00 | CICLING | | 45´ | 2 |
| | ZUMBA | | 50´ | 1 |
| 10:15 | AQAGYM | | 45´ | P.P. |
| 11:00 | B. COMBAT | | 50´ | 1 |
| 12:00 | YOGA | | 50´ | 5 |
| 14:30 | CICLING | | 45´ | 2 |
| 17:00 | TBC | | 50´ | 1 |
| 18:00 | CICLING | | 45´ | 2 |
| 18:30 | YOGA | | 50´ | 1 |
| 19:00 | TBC | | 50´ | 5 |
| | CLUB RUNNING | | 50´ | EXT. |
| | CICLING | | 45´ | 2 |
| 20:00 | FUNCT. TRAINING | | 45´ | 5 |
| | CICLING | | 45´ | 2 |
| | B. PUMP | | 45´ | 1 |
| | BAILES DE SALON | | 50´ | 4 |
| 21:00 | ZUMBA | | 50´ | 1 |
| | CICLING | | 45´ | 2 |
| | B. BALANCE | | 50´ | 5 |
| | BAILES DE SALON | | 50´ | 4 |

## MIERCOLES

| HORA | ACTIVIDAD | CATEGORÍA | DURAC. | SALA |
|---|---|---|---|---|
| 9:00 | CICLING | | 45´ | 2 |
| | LATINOS | | 50´ | 1 |
| 10:00 | B. COMBAT | | 50´ | 1 |
| | BAILES DE SALON | | 50´ | 4 |
| 10:15 | AQAGYM | | 45´ | P.G. |
| 11:00 | LATINOS | | 50´ | 2 |
| 14:30 | FUNCT. TRAINING | | 45´ | 5 |
| 15:30 | ESTIRAMIENTOS | | 25´ | 5 |
| 17:00 | YOGA | | 50´ | 1 |
| 18:00 | ZUMBA | | 50´ | 1 |
| 19:00 | B. PUMP | | 45´ | 1 |
| 19:30 | CICLING | | 45´ | 2 |
| 20:00 | B. COMBAT | | 50´ | 1 |
| 20:30 | TOTAL CORE | | 25´ | 5 |
| 21:00 | CICLING | | 45´ | 2 |
| | GAP | | 45´ | 5 |

## JUEVES

| HORA | ACTIVIDAD | CATEGORÍA | DURAC. | SALA |
|---|---|---|---|---|
| 9:00 | AF SENIOR | | 50´ | 5 |
| 10:00 | B. PUMP | | 45´ | 1 |
| | CICLING INIC | | 45´ | 2 |
| 10:15 | AQAGYM | | 45´ | P.P. |
| 11:00 | TOTAL CORE | | 25´ | 1 |
| 12:00 | YOGA | | 50´ | 5 |
| 14:30 | B. COMBAT | | 50´ | 1 |
| 18:00 | B. PUMP INIC | | 45´ | 1 |
| 19:00 | CICLING | | 45´ | 2 |
| | GAP | | 45´ | 5 |
| | CLUB RUNNING INIC | | 50´ | EXT. |
| 20:00 | TBC | | 50´ | 5 |
| | | | | |
| | CICLING | | 45´ | 2 |
| | BAILES DE SALON | | 50´ | 4 |
| 21:00 | B. PUMP | | 45´ | 1 |
| | ESTIRAMIENTOS | | 50´ | 5 |

## VIERNES

| HORA | ACTIVIDAD | CATEGORÍA | DURAC. | SALA |
|---|---|---|---|---|
| 10:00 | | | | |
| | GAP | | 45´ | 1 |
| 11:00 | | | | |
| | AQAGYM | | 45´ | P.P. |
| | B. BALANCE | | 50´ | 1 |
| 14:30 | TBC | | 50´ | 5 |
| 18:00 | YOGA | | 50´ | 5 |
| | | | | |
| 19:00 | B. PUMP | | 45´ | 1 |
| | ZUMBA | | 50´ | 5 |
| 19:15 | AQAGYM | | 45´ | P.P. |
| 20:00 | CICLING INIC | | 45´ | 2 |
| 20:15 | AQARELAX | | 25´ | P.P. |