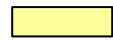




COMPLEJO DEPORTIVO DAVID JIMÉNEZ SILVA

Horario: De Lunes a Viernes de 07:00 a 22:00hrs Sábado de 08:00H a 14:00H

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
08:00	CYCLO INDOOR	FUNCIONAL FITNESS	CYCLO INDOOR	FUNCIONAL FITNESS	CYCLO INDOOR
08:45	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
09:15	TOTAL TRAINNING	ZUMBA FITNESS	TOTAL TRAINNING	ZUMBA FITNESS	ZUMBA FITNESS
10:00	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
	ACTV. FÍSICA Y SALUD		ACTV.FÍSICA Y SALUD		
10:30	CYCLO INDOOR	CYCLO INDOOR	CYCLO INDOOR	CYCLO INDOOR	CYCLO INDOOR
11:30	MANT. FÍSICO	PILATES	MANT. FÍSICO	PILATES	MANT. FÍSICO
17:00	CYCLO INDOOR	TOTAL TRAINNING	CYCLO INDOOR	TOTAL TRAINNING	CYCLO INDOOR
18:00	FUNCIONAL FITNESS	CARDIO HIIT	FUNCIONAL FITNESS	CARDIO HIIT	FUNCIONAL FITNESS
	PUMP		PUMP		PUMP
18:15	CYCLO INDOOR		CYCLO INDOOR		CYCLO INDOOR
19:00	MANT.FÍSICO	AEROSTEP	MANT.FÍSICO	AEROSTEP	MANT.FÍSICO
		AQUAGYM		AQUAGYM	
19:00	YOGA		YOGA		
20:00	BAILES LATINOS	PILATES	BAILES LATINOS	PILATES	

 SALA 1 (PLANTA ALTA)

 SALA 2 (PLANTA ALTA)

 SALA 3 (PLANTA ALTA)

 PISCINA