

FITNESS CLUB SENSEI TORRE DEL MAR

HORARIO SALA DE FITNESS DE LUNES A VIERNES DE 8.00 A 23:00. **SABADOS DE 10 A 14:00**

INICIO	FINAL	S	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABA
8.00	8.30		BODY STEP BODY PUMP		BODY STEP BODY PUMP		BODY STEP BODY PUMP	10:00 A 14:00
8.30	9.00							
9.00	10.00			FULL CONTACT		FULL CONTACT		
9.15	10.10		PILATES		PILATES		PILATES	
9.30	10.15		BODY STEP		BODY STEP		BODY STEP	
10.15	11.15		BODY PUMP		BODY PUMP		BODY PUMP	
10.30	11.15			BODY STEP		BODY STEP		
11.00	12.00			TAEKWONDO INFANTIL		TAEKWONDO INFANTIL		
12.00	13.30			TAEKWONDO TECNIFICACION		TAEKWONDO TECNIFICACION		
12.30	13.30			HIP-HOP/FUNK		HIP-HOP/FUNK		
14.10	15.00							
16.00	16.30		BODY PUMP BODY STEP		BODY PUMP BODY STEP		BODY PUMP BODY STEP	
16.30	17.00							
17.00	18.00		PILATES		PILATES		PILATES	
18.00	19.00		YOGA	FULL CONTACT	YOGA	FULL CONTACT		
18.30	19.30			BODYBALANCE		BODY BALANCE		
19.30	20.30			BODY JAM		BODY JAM		
19.30	20.30		BODY PUMP	PILATES	BODY PUMP	PILATES	BODY PUMP	
20.00	21.00		TKD ADULTO		TKD ADULTO		TKD ADULTO	
20.30	21.30			BODY COMBAT		BODY COMBAT		
20.30	A 21.30		BODY STEP BODYATAACK	FULL-CONTACT	BODYATAACK BODY STEP	FULL-CONTACT	BODYJAM	
21.00	22.00		KICK BOXING		KICK BOXING		KICK BOXING	
21.30	22.30		BODY PUMP	PILATES	BODY PUMP	PILATES	BODY PUMP	

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
9:00		CICLO INDOOR		CICLO INDOOR		CICLO INDOOR 10:30
9:45		CICLO INDOOR		CICLO INDOOR		
12:15	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	
14:10	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	
19:00	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	
20:15		CICLO INDOOR		CICLO INDOOR		
20:30	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	
21:15		CICLO INDOOR		CICLO INDOOR		

INICIO	FINAL	S	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABA	
8.00	9.00	P	LIBRE	LIBRE 8:00 A 10:30	LIBRE	LIBRE 8:00 A 10:30	LIBRE		
9.00	9.45	P	TERAPEUTICA		TERAPEUTICA		TERAPEUTICA		
9.45	10.30	P	TERAPEUTICA		TERAPEUTICA		TERAPEUTICA		
			CURSO VERANO NIÑOS DE LUNES A VIERNES DE 10:30 A 14:00						10:00 A 13:30 LIBRE
			LIBRE 14:00 A 19:30	LIBRE 14:00 A 16:30 A 17:00 A17:45 BEBES 17:45	LIBRE 14:00 A 19:30	LIBRE 14:00 A 16:30 A 17:00 A 17:45 BEBES17:45	LIBRE 14:00 A 19:30		
19.45	20.30	P	TERAPEUTICA	TERAPEUTICA 19:15 A 20:00	TERAPEUTICA	TERAPEUTICA 19:15 A 20:00	TERAPEUTICA		
20.30	21.15	P	AGUAGYM	LIBRE 20:00 A 22:15	AGUAGYM	LIBRE 20:00 A 22:15	AGUAGYM		
21.15	22.15	P	LIBRE		LIBRE		LIBRE		