



CENTRO DEPORTIVO
**LAS TORRES DE
COTILLAS**

HORARIO ABONADO SALUD

A partir del 04/10/2021

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00							
8:00							
9:00	CARDIO HITT 09:20 / 10:00	INTENSITY 9:15 / 10:00	CARDIO HITT 09:20 / 10:00	GAP 9:20 / 10:00	CROSS TRAINING 9:20 / 10:00		
10:00	BIKE 10:05 / 10:50	BIKE 10:05 / 10:50	BIKE 10:05 / 10:50	BIKE 10:05 / 10:50	BIKE VIRTUAL ICG Training 10:05 / 11:05	BIKE VIRTUAL ICG Training 10:00 / 11:00	
	GERONTOGIMNSIA 10:05 / 10:50	GERONTOGIMNSIA 10:05 / 10:50	ESPALDA SANA 10:05 / 10:45	GERONTOGIMNSIA 10:05 / 10:50	GERONTOGIMNSIA 10:05 / 10:50		
14:00	CROSS TRAINING 14:30 / 15:10	CARDIO HITT 14:30 / 15:10	CROSS TRAINING 14:30 / 15:10	CARDIO HITT 14:30 / 15:10	BIKE VIRTUAL ICG Training 14:30 / 15:30		
18:00	CARDIO HITT 18:30 / 19:10		ESPALDA SANA 18:30 / 19:10				
	BIKE VIRTUAL ICG Training 18:45 / 19:45	FUNCTIONAL TRAINING 18:30 / 19:00	BIKE VIRTUAL ICG Training 18:45 / 19:45	FUNCTIONAL TRAINING 18:30 / 19:00			
19:00		BIKE 19:00 / 19:45		BIKE 19:00 / 19:45	BIKE VIRTUAL ICG Training 19:00 / 20:30		
	GAP 19:15 / 19:55	PILATES 19:00 / 19:45	CROSS TRAINING 19:15 / 19:55	PILATES 19:00 / 19:45			
20:00		CROSS TRAINING 19:50 / 20:30		INTENSITY 19:50 / 20:35			
	ZUMBA 20:00 / 20:45	BIKE VIRTUAL ICG Training 20:00 / 21:00	SALSATION 20:00 / 20:45	BIKE VIRTUAL ICG Training 20:00 / 21:00			
	BIKE 20:00 / 20:45	CARDIO HITT 20:35 / 21:15	BIKE 20:00 / 20:45	CARDIO HITT 20:40 / 21:20			
	CORE /ESTIRAMIENTOS 20:50 / 21:30		CORE /ESTIRAMIENTOS 20:50 / 21:30				
21:00							
22:00							