



ACR TERRAMELAR: HORARIO ACTIVIDADES DEPORTIVAS

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
9:30 – 10:30		TONIFICACIÓN-G.A.P.	PILATES (10 a 11)	TONIFICACIÓN-G.A.P.	PILATES (10 a 11)		
10:30 – 11:30		CARDIO FITBALL *		CARDIO FITBALL *		BODY BALANCE (SP)* (11:30 a 12:30)	
11:30 – 12:30		YOGA BALANCE *		YOGA BALANCE *			
15:00 – 16:00		BODY TRAINING *	STEP TRAINING *	BODY TRAINING *	STEP TRAINING *		
17:00 – 18:00	PILATES (SP:17:30 a 18:30)	CUBBÁ KIDS *	PILATES (SP: 17:30 a 18:30)	CUBBÁ KIDS *	JUDO (17:30 a 19:00)		
18:00 – 19:00	GIMNASIA AERÓBICA KIDS	PREDEPORTE INFANTIL *	GIMNASIA AERÓBICA KIDS	PREDEPORTE INFANTIL *	PATINAJE (17:00 a 19:00)		
		DANZA ORIENTAL (SP) *		DANZA ORIENTAL (SP)*			
19:00 – 20:00	BODY TRAINING G.A.P.	CUBBÁ ADULTOS	BODY TRAINING G.A.P.	CUBBÁ ADULTOS	BAILES LATINOS *		
	BODY BALANCE * (TAICHI+YOGA+PILATES) (S.P.)		BODY BALANCE * (TAICHI+YOGA+PILATES) (S.P.)				
20:00 – 21:00	STEP TRAINING	PILATES	STEP TRAINING	PILATES	BAILES LATINOS *		
	CIRCUIT TRAINING *		CIRCUIT TRAINING *				

- Pendiente de apertura (*): 8 alumnos mínimo.
- S.P. = Sala Pequeña

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