



CENTRO DEPORTIVO
**LAS TORRES DE
COTILLAS**

HORARIO NAVIDAD DEL 23/12/2019 AL 06/01/2020



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO		
7:00	CERRADO		CERRADO 25/12/2019 01/01/2020						
8:00	06/01/2020								
9:00	WORKOUT 9:20 / 10:00	INTENSITY 9:15 / 10:00			GAP 9:20 / 10:00	FUNCTIONAL TRAINING 09:30 / 10:00			
	AQUA FITNESS 9:15 / 10:00	AQUA FITNESS 9:15 / 10:00			AQUA TONO 9:15 / 10:00	AQUA FITNESS 9:15 / 10:00			
10:00	BIKE 10:05 / 10:50	BIKE 10:05 / 10:50			BIKE 10:05 / 10:50	BIKE 10:05 / 10:50			
14:00	WORKOUT 14:30 / 15:10	CERRADO A PARTIR DE 14:00 H 24/12/2019 31/12/2019			WORKOUT 14:30 / 15:10	BIKE VIRTUAL ICG Training 14:30 / 15:15			
18:00									
19:00	BIKE VIRTUAL ICG Training 19:00 / 20:00					BIKE VIRTUAL ICG Training 19:00 / 20:00			
	GAP 19:15 / 19:55					CORE /ESTIRAMIENTOS 19:15 / 19:55			
	BIKE 20:00 / 20:45					INTENSITY 20:00 / 20:45			
	AQUA TRAINING 20:50 / 21:35			BIKE VIRTUAL ICG Training 20:50 / 21:50					
22:00				AQUA TONO 20:50 / 21:35					