

HORARIO

MARZO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
07:30		Bodypump		Bodypump	
08:30	Yoga Spinning	Spinning	Yoga Spinning	Spinning	Yoga
09:30	Bodypump	Pilates Cross Training	Bodypump	Pilates Cross Training	Bodypump
10:30	Pilates	Hipopresivos	Pilates	Hipopresivos	
14:30	Pilates Spinning	GAP	Pilates Spinning	GAP	Pilates Spinning
18:00	Pilates Embarazadas	Cross Training	Pilates Embarazadas	Bodypump	Cross Training
19:00	Bodypump Spinning	GAP Spinning Yoga	Bodypump Spinning	Cross Training Spinning Inter. Training	Bodypump
20:00	Pilates Cross Training Spinning	Bodypump Spinning Interval Training	Pilates Cross Training Spinning	GAP Spinning Yoga	
21:00	Zumba	Cross Training Sevillanas	Zumba	Cross Training Sevillanas	

HORARIO DE APERTURA:
LUNES a JUEVES - 7:00h a 23:00h
VIERNES - 7:00h a 22:00h
SÁBADOS, DOMINGOS Y FESTIVOS - 9:00h a 14:00h

Tlfn. 955 06 97 23

Areafit Cuesta del Rosario