



## HORARIO ACTIVIDADES DIRIXIDAS SOFTEESPORTS 2020

HORA DE INICIO	LUNS	MARTES	MERCORES	XOVES	VENRES
8.15		TRX		HIIT	
9:30			ZUMBA		ZUMBA
10:45			TONI		TONI
11.30		ACT.SAU		ACT.SAU	
18:30	CORE 30'	HIIT 30'	CROSS	ZUMB STEP	ZUMBA
	BOOTCAMP EXT	GLUTEO EXPRES EXT 30'	CORE EXT 30'	SPINNING EXT	
19:45	TONI	GAP	TRX	PILATES	TONI
	ZUMBA EXT	CROSS EXT	TONI EXT	BOOTCAMP EXT	GAP EXT
21:00	TRX	ZUMBA	PILATES	TONI	
	GAP EXT	TONI EXT	SOFTEEDRUM EXT	HIIT EXT 30'	ZUMBA EXT