

HORARIOS CLASES DIRIGIDAS _ CLUB DE TENIS ALACANT

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
9:00							
9:30	BODY-ENERGY		SPINNING		STEP-GAP	BODY-ENERGY	
10:00							
10:30	PILATES					SPINNING	
11:00							
11:30							
12:00							
17:30	STEP-GAP	ABD-ESTIRAMIENTOS		PILATES	DANCE		
18:30	SPINNING	DANCE	FITT-BALL	HIIT	TBC		
19:30	BODY-ENERGY	SPINNING	PILATES	STEP-GAP			
20:30			BODY-ENERGY	SPINNING			
21:30							

BODY ENERGY
HIIT
STEP - GAP
TBC
FITT - BALL
SPINNING
PILATES
DANCE
ABDOM - ESTIRAMIENTOS