

AADD SDR ARENAS Temporada 2021/2022



HORARIO	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
09.30 h.	Ciclo Indoor	Pump	Ciclo Indoor	TRX H.I.I.T	Ciclo Indoor	Ciclo Indoor	
	Pilates S1	Espalda Sana S5	Pilates S1	Espalda Sana S5	Stretching S1		
10.30 h.			Control Postural	Ciclo Indoor	TRX CORE S3		10.00 Crossgym
		Pilates Sénior S1 TRX CARDIO S3	TRAINING ZONE	Pilates Sénior S1			11.00 Ciclo Indoor
14.15 h.	Ciclo Indoor	TRX S3	Ciclo Indoor	TRX S3	Ciclo Indoor		
17.30-18.15		Express 45' S1		Express 45' S1			
18.30 h.	Gim. Suave S1	20/20/20 S1	Gim. Suave S1	G.A.P S1	TRAINING ZONE		
19.30 h.	TRX CORE	TRAINING ZONE	TRX FUNCTIONAL	TOTAL BODY			
	Pilates S1	Ciclo Indoor	Pilates Fuerza S1	Ciclo Indoor	Ciclo Indoor		
		Pilates S5		Pilates S5			
20.30 h.	Core 30'	TRX PUMP	Express 30'	TRX Funcional			
	Ciclo Indoor		Ciclo Indoor				
		Stretch & move S5	Pilates S5				