

# SALA 2 Del 1 al 30 de Agosto



CLUB ARSENAL FEMENINO

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15H							
8:00H							
9:00H							
10:15H		YOGA		YOGA			
11:00H							
12:00H							
13:00H							
14:15H	YOGA		YOGA				
15:00H							
16:00H							
17:00H							
18:00H		YOGA		YOGA			
19:00H		YOGA		YOGA			
20:00H							
21:00H							

# PISCINA Del 1 al 30 de Agosto



CLUB ARSENAL FEMENINO

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15H							
8:00H							
9:00H							
10:15H							
11:00H		ACUA-GYM		ACUA-GYM			
12:00H	ACUA-GYM		ACUA-GYM				
13:00H							
14:15H	ACUA-GYM		ACUA-GYM				
15:00H							
16:00H							
17:00H							
18:00H							
19:00H							
20:00H		ACUA-GYM		ACUA-GYM			
21:00H							

# SALA 5 Del 1 al 30 de Agosto



CLUB ARSENAL FEMENINO

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15H	TONO		GYM		GAP		
8:00H	GAP	GYM	GAP	GYM	TONO		
9:00H	TOTAL BARRE	GAP	TONO	GAP	GYM		
10:00H	GYM	ESTIRAMIENTOS	TOTAL BARRE	TONO	TOTAL BARRE		
11:00H	TONO	RED. POSTURAL		RED. POSTURAL	TBC	GYM	
12:00H	GAP	PILATES	ESTIRAMIENTOS	PILATES	TONO	TBC	
13:00H	TOTAL BARRE ROSER	TONO	TOTAL BARRE	TONO	GYM	TONO	
14:00H	TONO	GYM	TONO	GYM	GAP		
15:00H	GYM		TBC				
16:00H		TONO		PILATES			
17:00H	RED. POSTURAL		GAP		RED. POSTURAL MONICA		
18:00H	GAP	GAP	PILATES	GAP	PILATES MONICA		
19:00H	PILATES	TONO	RED. POSTURAL	TONO	ESTIRAMIENTOS		
20:00H	GAP	TBC	PILATES	ZUMBA TONO	GAP		
21:00H		GYM		GYM			

# SALA 3 Del 1 al 30 de Agosto



CLUB ARSENAL FEMENINO

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
8:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
9:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
10:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
13:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
14:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
15:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
16:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
17:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
18:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
19:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
20:15H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21:00H							