COMPLEXO DEPORTIVO.

Concello de CARRAL Deportes

	LUNS	MARTES	MÉRCORES	XOVES	VENRES	SÁBADO	DOMINGO
9:00 :15 :30 :45							
10:00 :15 :30 :45	**STEP TONIC** 9.45-10.30	**CIRCUIT TRAINING** 09.45-10.30	**TOTAL BODY** 09.45-10.45	**GLOBAL TRAINING** 09.45-10.30	**STEP TONIC** 09.45-10.30		
	CORE 10:30 - 11:15				**CORE** 10:30 - 11:15		
11:00 :15 :30 :45		**PILATES** Grupo 4 10.30-11.30		**PILATES** Grupo 4 10.30-11.30			
12:00 :15 :30 :45							
13:00 :15 :30 :45							
14:00 :15 :30 :45							
16:00 :15 :30 :45							
17:00 :15 :30 :45	**PILATES** Grupo 1 16.30 -17.30		**PILATES** Grupo 1 16.30 -17.30				
18:00 :15 :30 :45	**PILATES** Grupo 2 17.30 -18.30	**GLOBAL TRAINING** 18.15 -19.00	**PILATES** Grupo 2 17.30-18.30	**GAP** 18.15 -19.00			
	CORE 18.30 -19.15		**CORE** 18.30 -19.15				
19:00 :15 :30 :45	**PILATES** Grupo 3 19.30 -20.30	**GLOBAL TRAINING** 19.15 -20.00	**PILATES** Grupo 3 19.30 -20.30	**GAP** 19.15 -20.00	**CIRCUIT TRAINING** 19.30 -20.15		
20:00 :15 :30 :45		**PILATES** Grupo 5 20.30 -21.30		**PILATES** Grupo 5 20.30 -21.30			
21:00 :15 :30 :45	**BODY TONIC** 21.00 -21.45		**GAP** 21.00 -21.45				
22:00 :15 :30 :45							
23:00 :15 :30 :45							