

## HORARIO ACTIVIDADES DIRIGIDAS UMH - TERCER TRIMESTRE SAN JUAN 2018-2019

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>08:30 - 09:25</b>		TOTAL TRAINING		TOTAL TRAINING	
<b>09:30 - 10:25</b>	YOGA	PILATES	YOGA	PILATES	
<b>13:00 - 13:55</b>	PILATES	TBC/GAP	PILATES	TBC/GAP	
<b>15:30 - 16:25</b>	CIRCUIT TRAINING		CIRCUIT TRAINING		SALSA Y BACHATA
	PILATES	PILATES	PILATES	PILATES	
<b>16:30 - 17:25</b>	ZUMBA	TBC/GAP	ZUMBA	TBC/GAP	
<b>19:00 - 19:55</b>	TONO/STEP	ZUMBA	TONO/STEP	ZUMBA	
<b>20:00 - 20:55</b>	TBC/GAP	STRETCHING	TBC/GAP	STRETCHING	
<b>20:00 - 21:55</b>			SALSA Y BACHATA		