

## HORARIO ACTIVIDADES DIRIGIDAS UMH - PRIMER TRIMESTRE SAN JUAN 2019-2020

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