

HORARIO ACTIVIDADES DIRIGIDAS UMH - TERCER TRIMESTRE SAN JUAN 2019-2020

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