ACTIVIDADES VIRTUALES CMD LAS GAUNAS MES DE JULIO 2024

Hora	LUNES	Hora	MARTES	Hora	MIÉRCOLES	Hora	JUEVES	Hora	VIERNES	Hora	SÁBADO	DOMINGO
7.05	CORE 7:05H 45mnts	7.05	BODYPUMP 7:05h 45 mnts	7.05	BODYCOMBAT 7:05h 45 mnts	7.05	CORE 7:05H 45 mnts	7.05	BODYPUMP 7:05h 45 mnts			
8.00		8.00		8.00		8.00		8.00				
	BODYPUMP 8:00h 60 mnts		BODYCOMBAT 8:00h 60 mnts		CORE 8:00H 45 mnts		BODYPUMP 8:00h 60 mnts		BODYCOMBAT 8:00h 60 mnts	8.15	CORE 8:15H 45 mnts	BODYPUMP 8:15h 45 mnts
9.00		9.00		9.00		9.00		9.00		9.00		
	BODYPUMP 9:00h 60 mnts		CORE 9:00h 45 mnts		BODYPUMP 9:00h 60 mnts		BODYCOMBAT 9:00h 60 mnts		CORE 9:00h 45 mnts		BODYPUMP 9:00h 60 mnts	BODYCOMBAT 9:00h 60 mnts
10.00		10.00		10.00		10.00		10.00		10.00		
	BODYCOMBAT 10:00h 60 mnts		BODYPUMP 10:00h 60 mnts		CORE 10:00h 45 mnts		BODYPUMP 10:00h 60 mnts		BODYPUMP 10:00h 60 mnts		BODYCOMBAT 10:00h 60 mnts	CORE 10:00h 45 mnts
11.00		11.00		11.00		11.00		11.00		11.00		
	CORE 11:00h 45 mnts		BODYPUMP 11:00h 60 mnts		BODYCOMBAT 11:00h 60 mnts		BODYCOMBAT 11:00h 60 mnts		BODYPUMP 11:00h 60 mnts		CORE 11:00h 45 mnts	BODYPUMP 11:00h 60 mnts
12.00		12.00		12.00		12.00		12.00		12.00		
	BODYPUMP 12:00h 60 mnts		BODYCOMBAT 12:00h 60 mnts		BODYPUMP 12:00h 60 mnts		CORE 12:00h 45 mnts		BODYCOMBAT 12:00h 60 mnts		BODYPUMP 12:00h 60 mnts	BODYCOMBAT 12:00h 60 mnts
13.00		13.00		13.00		13.00		13.00		13.00		
	BODYCOMBAT 13:00h 60 mnts		CORE 13:00h 45 mnts		BODYPUMP 13:00h 60 mnts		BODYPUMP 13:00h 60 mnts		CORE 13:00h 45 mnts		BODYCOMBAT 13:00h 60 mnts	CORE 13:00h 45 mnts
14.00		14.00		14.00		14.00		14.00		14.00		
	CORE 14:00h 45 mnts		BODYPUMP 14:00h 60 mnts		BODYCOMBAT 14:00h 60 mnts		BODYCOMBAT 14:00h 60 mnts		BODYPUMP 14:00h 60 mnts		CORE 14:00h 45 mnts	
15.00		15.00		15.00		15.00		15.00		15.00		
	BODYPUMP 15:00h 60 mnts		BODYCOMBAT 15:00h 60 mnts		CORE 15:00h 45 mnts		CORE 15:00h 45 mnts		BODYCOMBAT 15:00h 60 mnts		BODYPUMP 15:00h 60 mnts	
16.00		16.00		16.00		16.00		16.00		16.00		
	BODYPUMP 16:00h 60 mnts		CORE 16:00h 45 mnts		BODYPUMP 16:00h 60 mnts		BODYCOMBAT 16:00h 60 mnts		CORE 16:00h 45 mnts		BODYPUMP 16:00h 60 mnts	
17.00		17.00		17.00		17.00		17.00		17.00		
	BODYCOMBAT 17:00h 60 mnts		BODYPUMP 17:00h 60 mnts		BODYCOMBAT 17:00h 60 mnts		BODYPUMP 17:00h 60 mnts		CORE 17:00h 45 mnts		BODYCOMBAT 17:00h 60 mnts	
18.00		18.00		18.00		18.00		18.00		18.00		
	CORE 18:00h 45 mnts		BODYCOMBAT 18:00h 60 mnts		CORE 18:00h 45 mnts		BODYCOMBAT 18:00h 60 mnts		BODYPUMP 18:00h 60 mnts		CORE 18:00h 45 mnts	
19.00		19.00		19.00		19.00		19.00		19.00		
	BODYPUMP 19:00h 60 mnts		CORE 19:00h 45 mnts		BODYPUMP 19:00h 60 mnts		CORE 19:00h 45 mnts		BODYCOMBAT 19:00h 60 mnts		BODYPUMP 19:00h 60 mnts	
20.00		20.00		20.00		20.00		20.00		20.00		
	BODYCOMBAT 20:00h 60 mnts		BODYPUMP 20:00h 60 mnts		BODYCOMBAT 20:00h 60 mnts		BODYPUMP 20:00h 60 mnts		CORE 20:00h 45 mnts		BODYCOMBAT 20:00h 60 mnts	
21.00		21.00		21.00		21.00		21.00		21.00		
	CORE 21:00h 45 mnts		BODYPUMP 21:00h 60 mnts		CORE 21:00h 45 mnts		BODYPUMP 21:00h 60 mnts		BODYCOMBAT 21:00h 60 mnts		CORE 21:00h 45 mnts	
22.00		22.00		22.00		22.00		22.00		22.00		