

HORARIOS CLASES DIRIGIDAS _ CLUB DE TENIS ALACANT

| | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
|-------|--|--------|---------------|-----------------------|---------|--------|
| 9.30 | BODY-ENERGY | | SPINNING | STEP-GAP | | |
| 10:30 | | | | | | |
| 11:30 | | | | | | |
| | **JUEVES 19:30 STEP-GAP Y FITT-BALL EN SEMANAS ALTERNAS | | | | | |
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| 17:30 | STEP-GAP | | ESTIRAM.- GAP | BODY-ENERGY | | |
| 18:30 | SPINNING | | FITT-BALL | HIIT | | |
| 19:30 | BODY-ENERGY | | PILATES | STEP-GAP FITT-BALL | | |
| 20:30 | | | | | | |