

ACTIVIDADES DIRIXIDAS C.D. SANTA ISABEL

PROBA AS CLASES DE CROSSCIRCUIT

HORARIOS 10-14 DECEMBRO 2018

| | | LUNS | | | | MARTES | | | | MERCORES | | | | XOVES | | | | VENRES | | | | |
|--|-------|---------------------|---|---|----------|---------------------------------------|---|---|-------------|---------------------|---|---|----------|---------------------------------------|---|---|-------------|---------------------------------|---|---|-----------|---------------------------------|
| INICIO | FIN | ACTIVIDADE | S | N | MONITOR | ACTIVIDADE | S | N | MONITOR | ACTIVIDADE | S | N | MONITOR | ACTIVIDADE | S | N | MONITOR | ACTIVIDADE | S | N | MONITOR | |
| 7:15 | 8:10 | | | | | | | | | FIT-BIKE | 3 | 1 | EVA | | | | | | | | | |
| 7:40 | 8:20 | | | | | TONO | 2 | 1 | MONTSE | | | | | ESTIRAMOS | 3 | 1 | MONTSE | | | | | |
| 9:00 | 9:55 | | | | | | | | | | | | | | | | | | | | | |
| 9:00 | 9:55 | TAI-CHI | 1 | 2 | DAVID | | | | | | | | | | | | | AFS | 2 | 1 | MONTSE | |
| 10:00 | 10:55 | TAI-CHI | 1 | 1 | DAVID | | | | | | | | | TONO | 1 | 1 | PAULA V | | | | | |
| 10:00 | 10:55 | FIT-BIKE | 3 | 1 | EVA | BODYSTEP | 2 | 1 | SERGIO | PUMP | 2 | 1 | SERGIO | | | | | ZUMBA 10:00 HRS SALA 1 PAULA V. | | | | |
| 10:05 | 11:00 | BODYSTEP | 2 | 1 | ELOY | TONO | 1 | 1 | PAULA V. | | | | | BODYSTEP | 2 | 1 | PAULA | | | | | BODYSTEP 10:00 HRS SALA 2 PAULA |
| 11:05 | 12:00 | | | | | COMBAT | 2 | 1 | SERGIO | | | | | ZUMBA | 1 | 1 | PAULA V. | | | | | HIPOPRESIVOS 10:55-11:30H. |
| 11:05 | 12:00 | FAMA | 1 | 1 | ELOY | | | | | | | | | AB&GL | 2 | 1 | PAULA | | | | | CROSSCIRCUIT SALA 2 PAULA |
| 11:05 | 12:00 | TONO | 2 | 1 | EVA | ZUMBA | 1 | 1 | PAULA V. | BODYSTEP | 1 | 1 | SERGIO | | | | | | | | | |
| 12:00 | 12:45 | HIPOPRESIVOS | 3 | 1 | PAULA B. | IOGA | 3 | 1 | PAULA B. | HIPOPRESIVOS | 3 | 1 | PAULA B. | IOGA | 3 | 1 | PAULA B. | | | | | |
| 14:15 | 14:45 | CROSSCIRCUIT SALA 2 | | | | | | | | CROSSCIRCUIT SALA 2 | | | | | | | | CROSSCIRCUIT SALA 2 | | | | |
| VISITANOS EN WWW. SANTAISABEL.NET E BÚSCANOS EN FACEBOOK | | | | | | | | | | | | | | | | | | | | | | |
| 17:45 | 19:00 | TAI-CHI | 3 | 1 | DAVID | HIPOPRESIVOS 17:20-18:00 HRS PAULA B. | | | | TAI-CHI | 3 | 1 | DAVID | HIPOPRESIVOS 17:20-18:00 HRS PAULA B. | | | | | | | | |
| 18:00 | 18:55 | A.F.S. | 1 | 1 | MONTSE | TONO | 2 | 1 | J. BARREIRO | A.F.S. | 1 | 1 | MONTSE | AB&GL | 2 | 1 | J. BARREIRO | A.F.S. | 3 | 1 | MONTSE | |
| 18:00 | 18:55 | TONO | 2 | 1 | JAVI A. | ZUMBA | 1 | 1 | MON | AB&GL | 2 | 1 | JAVIER | ZUMBA | 1 | 1 | MON | | | | | |
| 18:00 | 18:55 | | | | | IOGA 18:25-19:55 SALA 3 CARLOS | | | | | | | | IOGA 18:25-19:55 SALA 3 CARLOS | | | | | | | | |
| 19:00 | 19:55 | | | | | AB&GL | 2 | 1 | J.BARREIRO | TONO | 2 | 1 | JAVIER | BODYSTEP | 1 | 1 | J. BARREIRO | | | | | |
| 19:00 | 19:55 | AB&GL | 2 | 1 | JAVI A. | COMBAT | 1 | 1 | JAVI A. | COMBAT | 1 | 1 | JAVI A. | PUMP | 2 | 1 | JAVI A. | | | | | |
| 19:00 | 19:55 | COMBAT | 1 | 1 | ELOY | | | | | | | | | | | | | CROSSCIRCUIT | 2 | 1 | JUAN CHAO | |
| 20:00 | 20:55 | FIT-BIKE | 3 | 1 | JAVIER | FIT-BIKE | 3 | 1 | JAVI A. | FIT-BIKE | 3 | 1 | JAVIER | FIT-BIKE | 3 | 1 | JAVI A. | | | | | |
| 20:05 | 21:00 | ZUMBA | 1 | 1 | MON | ZUMBA | 1 | 1 | MON | AB&GL | 2 | 1 | MONTSE | ZUMBA | 1 | 1 | MON | | | | | |
| 20:10 | 21:05 | PUMP | 2 | 1 | ELOY | TONO 20:00 HRS SALA 2 J. BARREIRO | | | | BODYSTEP | 1 | 1 | JAVI A. | BODYSTEP | 2 | 1 | SERGIO | CROSSCIRCUIT | 2 | 1 | SERGIO | |
| 20:10 | 21:05 | | | | | | | | | | | | | | | | | BODYSTEP | 1 | 1 | JAVI A. | |
| 20:10 | 21:05 | | | | | | | | | | | | | | | | | CAPOEIRA | 3 | 1 | SARA | |
| 21:15 | 22:10 | COMBAT | 2 | 1 | JAVIER | PUMP | 2 | 1 | JAVI A. | CAPOEIRA | 1 | 1 | SARA | | | | | FIT-BIKE | 3 | 1 | JAVI A. | |
| 21:15 | 22:10 | AB&GL 30' | 3 | 1 | ELOY | IOGA 21:15-22:45 SALA 1 CARLOS | | | | PUMP | 2 | 1 | JAVIER | PUMP | 2 | 1 | SERGIO | COMBAT | 2 | 1 | SERGIO | |
| 21:15 | 22:10 | CAPOEIRA | 1 | 1 | SARA | | | | | FIT-BIKE | 3 | 1 | JAVI A. | COMBAT | 1 | 1 | JAVI A | CAPOEIRA | 1 | 1 | SARA | |
| 21:50 | 22:20 | ESTIRAMOS 30' | 3 | 1 | ELOY | | | | | | | | | | | | | | | | | |
| 22:15 | 22:45 | CROSSCIRCUIT SALA 1 | | | | | | | | CROSSCIRCUIT SALA 1 | | | | | | | | CROSSCIRCUIT SALA 1 | | | | |

DEBERÁS COLLER TIQUE EN RECEPCIÓN PARA IR AS CLASES DE CROSSCIRCUIT, FIT-BIKE E ZUMBA

OS HORARIOS PODERÁN SUFRIR MODIFICACIÓNS POR ENFERMIDADES,VACACIÓNS,...