VERANO

HORARIO SEMANA DE ACTIVIDADES

CADCR
CENTRO ACUÁTICO Y DEPORTIVO
CIUDAD RODRIGO

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
BIKE	SALA	PISCINA	BIKE	SALA	PISCINA	BIKE	SALA	PISCINA	BIKE	SALA	PISCINA	BIKE	SALA	PISCINA
BIKE 09:30				DANCING 09:30		BIKE 09:30				DANCING 09:30				AQUA GYM 10:30
VIRTUAL BIKE 10:30	TONIC FUNCIONAL1 0:30		VIRTUAL BIKE 10:30		AQUA GYM 10:30	VIRTUAL BIKE 10:30	BODY PUMP 10:30		VIRTUAL BIKE 10:30		AQUA GYM 10:30	BIKE 10:30		
VIRTUAL BIKE 11:30			VIRTUAL BIKE 11:30			VIRTUAL BIKE 11:30			VIRTUAL BIKE 11:30			VIRTUAL BIKE 11:30		
VIRTUAL BIKE 19:00	DANCING 19:00	AQUA GYM 19:00	VIRTUAL BIKE 19:00	TRX/ABD 19:00		VIRTUAL BIKE 19:00	DANCING 19:00	AQUA GYM 19:00	VIRTUAL BIKE 19:00	FIGHT 19:00		VIRTUAL BIKE 19:00	TONIC FUNCIONAL 19:00	
VIRTUAL BIKE 20:00	BODY PUMP 20:00			BIKE 20:00		VIRTUAL BIKE 20:00	CROSSFIT 20:00		VIRTUAL BIKE 20:00	PILATES 20:00		VIRTUAL BIKE 20:00		