



CLASES DIRIGIDAS

www.sportclubalicante.com

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
8:00	SPORTZUMBA 9:30	SPORTPUMP 8:15	SPORTZUMBA 9:30	TBC 8:15		
9:30	PILATES 9:30	SPORTJUMP 9:30	PILATES 9:30	SPORTJUMP 9:30	PILATES 9:30	PILATES 10:00
	CICLOSPORT 9:30		CICLOSPORT 9:30	SPORTPUMP 9:30	SPORTFITBALL 9:30	
10:30	YOGA 10:30	SPORTBALANCE 10:30	YOGA 10:30	SPORTBALANCE 10:30	YOGA 10:30	CICLOSPORT 10:00
	SPORTPUMP 10:30		SPORTPUMP 10:30		SPORTZUMBA 10:30	
					CICLOSPORT 10:30	
17:30	BALLET 17:30	STEP/GAP 17:30	CICLOSPORT 17:30	BALLET 17:30	SPORTZUMBA 17:30	
	SPORTPUMP 17:30			SPORTFITBALL 17:30		
18:30	YOGA 18:30	PILATES 18:30	SPORTZUMBA 18:30	SPORTPUMP 18:30	SPORTPUMP 18:30	
	SPORTZUMBA 18:30	SPORTFITBALL 18:30		YOGA 18:30		
19:30	PILATES 19:30		PILATES 19:30	PILATES 19:30		
	SPORTBOX 19:30	CICLOSPORT 19:30	SPORTBOX 19:30	CICLOSPORT 19:30	CICLOSPORT 19:30	
	CICLOSPORT 19:30	OPENBOX 19:00	SPORTJUMP 19:30	OPENBOX 19:00		
20:00	SPORTCROSS 20:00	SPORTCROSS 20:00	SPORTCROSS 20:00	SPORTCROSS 20:00	SPORTCROSS 20:00	
20:30	SPORTPUMP 20:30	SPORTBALANCE 20:00	CICLOSPORT 20:30	SPORTPUMP 20:00		

ACTIVIDADES NIÑOS

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
17:30	ZUMBA KIDS	JUEGOS POPULARES	FUTBOL	FUTBOL	MULTIACTIVIDAD

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