



Illes

CENTROS DE WELLNESS

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Horario Clases colectivas Illes Son Rapinya

Nuevos horarios Enero 2011


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HORARIO DE APERTURA

Lunes a viernes: 07:30 a 22:00 h

Sábados: CERRADO

Código colores	Activ. cardiovascular	Body training system	Tonificación muscular
Baile y coreografía	Act. Cardio. coreografiada	Gimnasias suaves	Actividades acuáticas

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	
08:30	GAP MARINA	T.I.T ALEX	BTS FUSION MARINA	BATUKA EVARISTO	T.I.T MARINA	
09:30	T.I.T MARINA	GAP ALEX	BODY PUMP MARINA	T.I.T EVARISTO	BODY BALANCE MARINA	
10:30	GAP EXPRESS SALA FITNESS	ABD. + STRECHING SALA FITNESS	ABD. + STRECHING SALA FITNESS	GAP EXPRESS SALA FITNESS	ABD. + STRECHING SALA FITNESS	
13:30	T.I.T ALEX	CIRCUIT TRAINING SALA FITNESS	BODY COMBAT MARINA	CIRCUIT TRAINING SALA FITNESS	T.I.T TAMARA	
15:30	ILLES CYCLING TONI B.		ILLES CYCLING JUAN PEDRO		ILLES CYCLING JOSE LUIS	
15:30	T.I.T MARINA	GAP EVARISTO	BTS FUSION MARINA	BODY STEP VICTOR	T.I.T VICTOR	
17:30	T.I.T VICTOR		BODY STEP VICTOR		GAP EVARISTO	
18:15	ILLES CYCLING MIKI		ILLES CYCLING MIKI		ILLES CYCLING MARTA	
18:30	GAP VICTOR	BODY PUMP VICTOR	AEROBIC DANCE J.C.	GAP EXPRESS S. FITNESS	BODY BALANCE MARI	BODY STEP VICTOR
19:15	ILLES CYCLING ESMERALDA	ILLES CYCLING ANGELA	ILLES CYCLING SANTI	ILLES CYCLING ANGELA		
19:30	BODY STEP VICTOR	BODY COMBAT VICTOR	NRG BAG VICTOR 	BODY PUMP MARI	BODY COMBAT VICTOR	
20:00	GAP EXPRESS SALA FITNESS 	ABD. + STRECHING SALA FITNESS	ABD. + STRECHING SALA FITNESS	GAP EXPRESS SALA FITNESS 		
20:15	ILLES CYCLING ESMERALDA		ILLES CYCLING SANTI			
20:30	FUNCIONAL TRAINING VICTOR 	BODY STEP VICTOR	FUNCIONAL TRAINING VICTOR 	GAP EXPRESS SALA FITNESS	ABD + STRETCHING SALA FITNESS	