



Club de Tenis Valencia

ACTIVIDADES DIRIGIDAS 2021-2022: COMIENZO 6 DE SEPTIEMBRE

| HORAS | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|---------------|--|---|--|---|--|
| 09:00 – 09:45 | FULL BODY Eva Santiago | FULL BODY Eva Santiago | FULL BODY- STEP Eva Santiago | FULL BODY Eva Santiago | FULL BODY- CARDIO ZUMBA Eva Santiago |
| Limpieza Sala | | | | | |
| 10:00 - 10:45 | FITNESS-10 (mantenimiento) Eva Santiago | CORE Alfredo Nadal | FITNESS-10 (mantenimiento) Eva Santiago | CORE Alfredo Nadal | FITNESS-10 (mantenimiento) Eva Santiago |
| Limpieza Sala | | | | | |
| 11:00 - 11:45 | | FULL BODY -ZUMBA- HIIT Eva Santiago | | FULL BODY -ZUMBA- HIIT Eva Santiago | |
| 12:00 - 12:45 | | | YOGA Lucía Muñoz | | |
| Limpieza Sala | | | | | |
| 15:30 - 16:15 | | ENERGY-STEP | | CROSSFITNESS | |
| Limpieza Sala | | | | | |
| 19:00 – 19:45 | YOGA Lucía Muñoz | | YOGA Lucía Muñoz | | |
| Limpieza Sala | | | | | |
| 20:00 – 20:45 | BOOT CAMP | YOGA Intensidad Alta Laura Naranjo | BOOT CAMP | YOGA Intensidad Alta Laura Naranjo | |
| Limpieza Sala | | | | | |
| 21:00 - 21:45 | | PILATES Susanne Yun-Ju | | PILATES Susanne Yun-Ju | |