

CALENDARIO *de* ACTIVIDADES

## Activities calendar

|               | 01-12-25        | 02-12-25          | 03-12-25               | 04-12-25           | 05-12-25          | 06-12-25           | 07-12-25          |
|---------------|-----------------|-------------------|------------------------|--------------------|-------------------|--------------------|-------------------|
|               | LUNES<br>Monday | MARTES<br>Tuesday | MIÉRCOLES<br>Wednesday | JUEVES<br>Thursday | VIERNES<br>Friday | SÁBADO<br>Saturday | DOMINGO<br>Sunday |
| 09.30 - 10.30 |                 |                   | YOGA                   |                    | YOGA              |                    |                   |
| 12.00 - 13.00 | PILATES         | POWERCIRCUIT      | PILATES                | PILATES            | PILATES           |                    |                   |
| 13.00 - 14.00 | POWERCIRCUIT    | GLUTEBOOM         | POWERCIRCUIT           | GLUTEBOOM          | POWERCIRCUIT      |                    |                   |
| 14.00 - 15.00 | GLUTEBOOM       | PILATES           | GLUTEBOOM              | POWERCIRCUIT       | GLUTEBOOM         |                    |                   |
| 15.00 - 16.00 | PILATES         | POWERCIRCUIT      | PILATES                | PILATES            | PILATES           |                    |                   |
|               | 08-12-25        | 09-12-25          | 10-12-25               | 11-12-25           | 12-12-25          | 13-12-25           | 14-12-25          |
|               | LUNES<br>Monday | MARTES<br>Tuesday | MIÉRCOLES<br>Wednesday | JUEVES<br>Thursday | VIERNES<br>Friday | SÁBADO<br>Saturday | DOMINGO<br>Sunday |
| 09.30 - 10.30 |                 |                   | YOGA                   |                    | YOGA              |                    |                   |
| 12.00 - 13.00 |                 | POWERCIRCUIT      | PILATES                | PILATES            |                   |                    |                   |
| 13.00 - 14.00 |                 | GLUTEBOOM         | POWERCIRCUIT           | GLUTEBOOM          |                   |                    |                   |
| 14.00 - 15.00 |                 | PILATES           | GLUTEBOOM              | POWERCIRCUIT       |                   |                    |                   |
| 15.00 - 16.00 |                 | POWERCIRCUIT      | PILATES                | PILATES            |                   |                    |                   |
|               | 15-12-25        | 16-12-25          | 17-12-25               | 18-12-25           | 19-12-25          | 20-12-25           | 21-12-25          |
|               | LUNES<br>Monday | MARTES<br>Tuesday | MIÉRCOLES<br>Wednesday | JUEVES<br>Thursday | VIERNES<br>Friday | SÁBADO<br>Saturday | DOMINGO<br>Sunday |
| 09.30 - 10.30 |                 | PILATES           | YOGA                   |                    | YOGA              |                    |                   |
| 10.30 - 11.30 |                 | POWERCIRCUIT      |                        |                    | PILATES           |                    |                   |
| 12.00 - 13.00 | PILATES         | PILATES           | PILATES                | PILATES            | GLUTEBOOM         |                    |                   |
| 13.00 - 14.00 | GLUTEBOOM       | GLUTEBOOM         | POWERCIRCUIT           | GLUTEBOOM          | POWERCIRCUIT      |                    |                   |
| 14.00 - 15.00 | POWERCIRCUIT    | POWERCIRCUIT      | GLUTEBOOM              | POWERCIRCUIT       |                   |                    |                   |
| 15.00 - 16.00 | PILATES         | PILATES           | PILATES                | PILATES            |                   |                    |                   |
| 16.00 - 17.00 |                 | GLUTEBOOM         |                        |                    |                   |                    |                   |
|               | 22-12-25        | 23-12-25          | 24-12-25               | 25-12-25           | 26-12-25          | 27-12-25           | 28-12-25          |
|               | LUNES<br>Monday | MARTES<br>Tuesday | MIÉRCOLES<br>Wednesday | JUEVES<br>Thursday | VIERNES<br>Friday | SÁBADO<br>Saturday | DOMINGO<br>Sunday |
| 09.30 - 10.30 |                 |                   | YOGA                   |                    | YOGA              |                    |                   |
| 10.30 - 11.30 |                 |                   | GLUTEBOOM              |                    |                   |                    |                   |
| 12.00 - 13.00 | PILATES         | PILATES           | PILATES                |                    | PILATES           |                    |                   |
| 13.00 - 14.00 | POWERCIRCUIT    | GLUTEBOOM         | POWERCIRCUIT           |                    | POWERCIRCUIT      |                    |                   |
| 14.00 - 15.00 | GLUTEBOOM       | POWERCIRCUIT      | GLUTEBOOM              |                    | GLUTEBOOM         |                    |                   |
| 15.00 - 16.00 | PILATES         | PILATES           | PILATES                |                    | PILATES           |                    |                   |
|               | 29-12-25        | 30-12-25          | 31-12-25               | 01-01-26           | 02-01-26          | 03-01-26           | 04-01-26          |
|               | LUNES<br>Monday | MARTES<br>Tuesday | MIÉRCOLES<br>Wednesday | JUEVES<br>Thursday | VIERNES<br>Friday | SÁBADO<br>Saturday | DOMINGO<br>Sunday |
| 09.30 - 10.30 |                 |                   | YOGA                   |                    | YOGA              |                    |                   |
| 12.00 - 13.00 |                 |                   |                        |                    | PILATES           |                    |                   |
| 13.00 - 14.00 |                 |                   |                        |                    | POWERCIRCUIT      |                    |                   |
| 14.00 - 15.00 |                 |                   |                        |                    | GLUTEBOOM         |                    |                   |
| 15.00 - 16.00 |                 |                   |                        |                    | PILATES           |                    |                   |