

CENTRO DEPORTIVO JC1 - HORARIO DE ACTIVIDADES DIRIGIDAS

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COLOR DEL FONDO :

AADD ADULTOS

AADD NIÑOS

COLOR DEL TEXTO :

ACUÁTICA

ALTA INTENSIDAD

CARDIO VASCULAR

COREOGRAFADA

CUERPO - MENTE

TONIFICACIÓN

HORARIO		06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30	HORARIO		
LUNES	SALA FITNESS			FUNCIONAL							CROSS									CROSS				CARDIO + CORE		CROSS		HIT			BODY		JUMBA				SALA FITNESS
	SALA 1																							CROSS KIDS		GAP		PIRATES							SALA 1		
	SALA 2			BIKE (V)								PIRATES																BIKE (P)			BIKE (V)				SALA 2		
	P. EXTERIOR																																			P. EXTERIOR	
	V. GRANDE (1h)																																			V. GRANDE (1h)	
	V. GRANDE (2h)																																			V. GRANDE (2h)	
	V. GRANDE (3h)																																			V. GRANDE (3h)	
V. PEQUEÑO											AQUAGYM																								V. PEQUEÑO		
MARTES	SALA FITNESS			TABATA							HIT														TABATA		S X S		CROSS			FUNCIONAL		GAP			SALA FITNESS
	SALA 1																																			SALA 1	
	SALA 2			BIKE (V)																																SALA 2	
	P. EXTERIOR																																			P. EXTERIOR	
	V. GRANDE (1h)																																			V. GRANDE (1h)	
	V. GRANDE (2h)																																			V. GRANDE (2h)	
	V. GRANDE (3h)																																			V. GRANDE (3h)	
V. PEQUEÑO											AQUAGYM																								V. PEQUEÑO		
MIÉRCOLES	SALA FITNESS			HIT							CROSS														CARDIO + CORE		CROSS				BODY		JUMBA			SALA FITNESS	
	SALA 1																																			SALA 1	
	SALA 2			BIKE (V)								PIRATES																	PIRATES		BIKE (P)		BIKE (V)			SALA 2	
	P. EXTERIOR																																			P. EXTERIOR	
	V. GRANDE (1h)																																			V. GRANDE (1h)	
	V. GRANDE (2h)																																			V. GRANDE (2h)	
	V. GRANDE (3h)																																			V. GRANDE (3h)	
V. PEQUEÑO											AQUAGYM																								V. PEQUEÑO		
JUEVES	SALA FITNESS			FUNCIONAL							FUNCIONAL															TABATA		S X S		CROSS			GAP			SALA FITNESS	
	SALA 1																																			SALA 1	
	SALA 2			BIKE (V)																																SALA 2	
	P. EXTERIOR																																			P. EXTERIOR	
	V. GRANDE (1h)																																			V. GRANDE (1h)	
	V. GRANDE (2h)																																			V. GRANDE (2h)	
	V. GRANDE (3h)																																			V. GRANDE (3h)	
V. PEQUEÑO											AQUAGYM																								V. PEQUEÑO		
VIERNES	SALA FITNESS			CROSS																																SALA FITNESS	
	SALA 1																																			SALA 1	
	SALA 2			BIKE (V)																																	