JULIO
2023

HORARIO DE ACTIVIDADES FIN DE SEMANA

C.D.M. BODY FACTORY MÓSTOLES WELLNESS CENTER

BODY FACTORY
WELLNESS CENTER

SÁBADO			DOMINGO		
FITNESS	SALA 1	CICLO	FITNESS	SALA 1	CICLO
		VIRTUAL CICLO 9:30			VIRTUAL CICLO 9:30
	ZUMBA 10:00		CORE 10:00		
HIIT 10:45			CROSS FACTORY 10:30		
	TONIFICA 11:15			PILATES 11:30	
		CICLO INDOOR 12:15			VIRTUAL CICLO 12:15
					VIRTUAL WALKING 13:15
		VIRTUAL WALKING 15:15			
		VIRTUAL CICLO 17:45			
CORE 18:30					