

ACTIVIDADES DE FITNESS GETAFE 22/23

	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
8:00 - 9:00				HIITraining Sala Boxing						HIITraining Sala Boxing			HIITraining Sala Boxing		
12:00 - 13:00				Zumba Sala 1						Zumba Sala 1			Zumba Sala 1		
13:00 - 14:00		Bodycombat Sala 3	Crosfitness G1 (Box)			Crosfitness G1 (Box)	Bodycombat Sala 3		Crosfitness G1 (Box)		Bodycombat Sala 1	Crosfitness G1 (Box)			
14:00 - 15:00			Bodycross Sala 1	Bodycross Sala 1		Crosfitness runing G1 (Box)			Bodycross Sala 3	Bodycross Sala 1		Crosfitness Técnica (Box)	Crosfitness G1 (Box)		
15:00 - 16:00	Crosfitness G2 (Box)	Combifitness Sala 1	Dual Bike Sala 2		Bodycombat Sala 1	Combifitness Sala 3		Combifitness Sala 1	Crosfitness G2 (Box)	Combifitness Sala TRX	Bodycombat Sala 1	Crosfitness G2 (Box)	Crosfitness G1 (Box)	Dual Bike Sala 2	Bodycombat Sala 1
16:00 - 17:00															
17:00 - 18:00	Radickal Sala 1		Crosfitness G2 (Box)	Crosfitness G2 (Box)			Radickal Sala 1		Crosfitness G2 (Box)	Crosfitness G2 (Box)					
18:00 - 19:00				Zumba Sala 3								Zumba Sala 3			
19:00 - 20:00				HIITraining Sala Boxing		Radickal Sala 1				HIITraining Sala Boxing		Radickal Sala 1			
20:00 - 21:00															
21:00 - 22:00															



Además: Martes 9:00, Jueves 9:15, Sábado y Domingo 9:30 **Ciclismo Virtual**

Intensidad      
 Intensidad   

PROGRAMA INDIVIDUAL DE FITNESS

Lunes a Viernes de 7:15h a 23h // Sábados y Domingos 8:30

Los monitores del programa universitario estará disponibles en la sala de 11,00 a 20,00h.
 Más información en: uc3m.es/deporte