


# ACTIVIDADES DE FITNESS GETAFE 23/24

	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		GAP Sala 1	Crosfitness G1 (Box)			Crosfitness G1 (Box)	GAP Sala 1		Crosfitness G1 (Box)		GAP Sala 1	Crosfitness G1 (Box)			
14:00 - 15:00			Bodycross Sala 1	Bodycross Sala 1	HIITraining Sala Boxing				Bodycross Sala 3	Bodycross Sala 1	HIITraining Sala Boxing		Crosfitness G1 (Box)		
15:00 - 16:00	Crosfitness G2 (Box)	Combifitness Sala 1	Dual Bike Sala 2		Bodycombat Sala 3	Combifitness Sala 1		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: **Ciclismo Virtual** Martes y Jueves 8:30, Sábado y Domingo 10:00

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](http://uc3m.es/deporte)