



deporte y salud
unizar en forma

Hora de comienzo	Lun	Mar	Mie	Jue	Vie
14:15-14:45		FUNCTIONAL TRAINING E		FUNCTIONAL TRAINING	
14:45-15:15		FUNCTIONAL TRAINING F		FUNCTIONAL TRAINING	
16:30 pm	YOGA		YOGA		MINDFULNESS
17:30 pm		PILATES A		PILATES A	
18:30 pm	FITBOXING		FITBOXING		
	FUNCTIONAL TRAINING A		FUNCTIONAL TRAINING		
19:00 pm	FUNCTIONAL TRAINING B		FUNCTIONAL TRAINING		
19:30 pm	UNIZUMBA A	CICLO INDOOR C	UNIZUMBA A	CICLO INDOOR C	
	GAP A	UNIZUMBA B	GAP A	UNIZUMBA B	
		GAP B		GAP B	
20:30 pm	CICLO INDOOR B	CICLO INDOOR D	CICLO INDOOR B	CICLO INDOOR D	
		PILATES B		PILATES B	
	PUMP	FUNCTIONAL TRAINING C	PUMP	FUNCTIONAL TRAINING C	
21:00 pm		FUNCTIONAL TRAINING D		FUNCTIONAL TRAINING D	

Actividades de 1 hora de duración excepto functional Training (30 minutos)

Inscripciones

www.deportes.unizar.es/unizar-en-forma