



JO-VHEN SPORT (O Porriño) Avda. Buenos Aires N.º 18 – Tel.: 986 339345 HORARIO DEL 5 DE JULIO AL 5 DE SEPTIEMBRE
LUNES A VIERNES DE 7:00 A 22:30 – SABADOS: 10:00 A 14:00

HORA		LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
MAÑANA	09:30	AQUA GYM	BODY TRAINING	SPINING	BODY TRAINING	AQUA GYM	OPEN BOX
		SPINING VIRTUAL				SPINING VIRTUAL	
	CROSS BOX	SPINING VIRTUAL	CROSS BOX	SPINING VIRTUAL	CROSS BOX		
10:30	BODY TONO	PILATES	AQUA GYM	PILATES	BODY TONO		
MEDIO DIA	12:30	SPINING VIRTUAL		SPINING VIRTUAL		SPINING VIRTUAL	
	13:00	CROSS BOX	SPINING VIRTUAL	CROSS BOX	SPINING VIRTUAL	CROSS BOX	
	13:30	SPINING VIRTUAL		SPINING VIRTUAL		SPINING VIRTUAL	
	14:00	CROSS BOX		CROSS BOX		CROSS BOX	
TARDE	16:30	CROSS BOX	CROSS BOX	CROSS BOX	CROSS BOX	CROSS BOX	
	17:30	CROSS BOX	OCR	CROSS BOX	OCR	CROSS BOX	
	18:30	CROSS BOX		CROSS BOX		CROSS BOX	
		SPINING VIRTUAL	SPINING VIRTUAL	SPINING VIRTUAL	SPINING VIRTUAL		
	19:00	DEFENSA PERS. INF + ADULTO		DEFENSA PERS. INF + ADULTO		SPINING VIRTUAL	
	20:00	CROSS BOX	BODY TRAINING	CROSS BOX	BODY TRAINING		
		PILATES		PILATES		CROSS BOX	
		SPINING VIRTUAL		SPINING VIRTUAL			
	20:30		BOXEO		BOXEO	SPINING VIRTUAL	
21:00	BODY TONO	SPINING	BODY TONO	SPINING	CROSS BOX		
21:30		MMA		MMA			