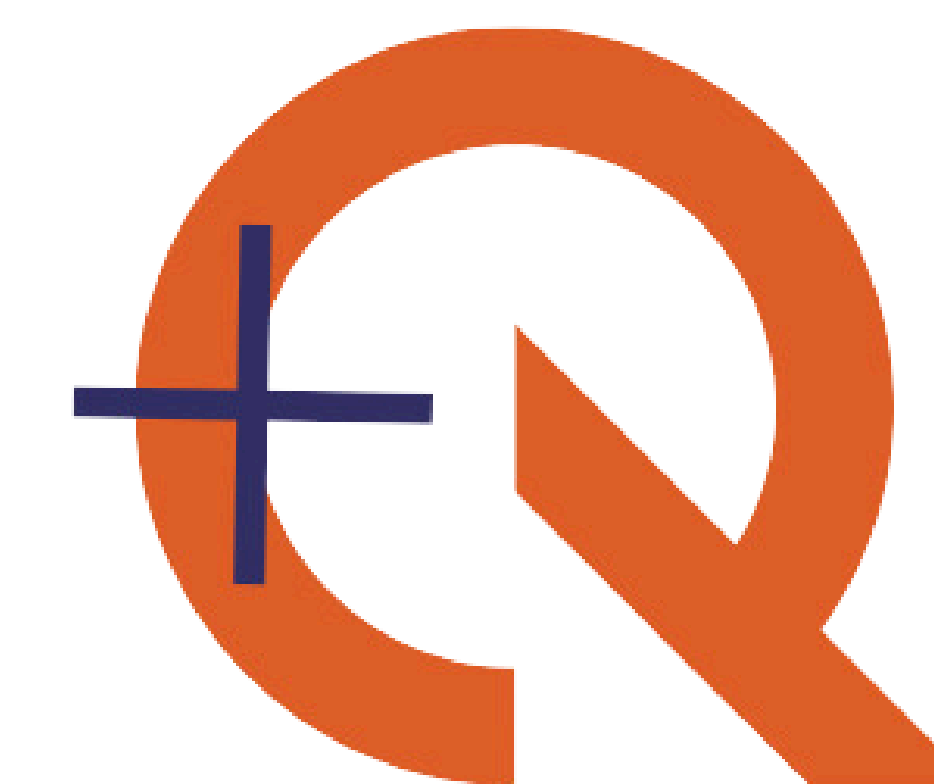


# POLIDEPORTIVO VALTERNA NORD

VIGOR 01.06.2026 A 30.06.2026



## Sala 1

	LUNES	MARTES	MIERC.	JUEVES	VIERNES	SÁBADO	DOMINGO
09:30	FITYOGA	GLOBAL TRAINING		GLOBAL TRAINING			
10:30	ESPALDA SANA	BALANCE		BALANCE			
17:00			STRETCHING EXPRESS 30'		FLEX & CORE EXPRESS 30'		
17:30			PUMP		PUMP		
18:00							
18:30	GLOBAL TRAINING	GAP	BALANCE	GAP	GLOBAL TRAINING		
19:00							
19:30	PUMP EXPRESS 30'	TONO STEP		FLEX & CORE			
20:00	STRETCHING EXPRESS 30'						