

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	YOGA		YOGA		YOGA		
09:00	SPORTCYCLE LOCALIZADA FUNCTIONAL	FREEDANCE SPORTCYCLE FUNCTIONAL	SPORTCYCLE LOCALIZADA FUNCTIONAL	SPORTCYCLE FREEDANCE FUNCTIONAL	SPORTCYCLE FUNCTIONAL LOCALIZADA		
10:00	TALLER DE ABDOMINALES YOGA	TALLER DE ABDOMINALES ZUMBA	TALLER DE ABDOMINALES YOGA	TALLER DE ABDOMINALES ZUMBA	TALLER DE ABDOMINALES YOGA	SPORTCYCLE	
11:00						ZUMBA	
12:00						YOGA	
12:30	LOCALIZADA		LOCALIZADA		LOCALIZADA		
13:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
13:30	STRETCHING		STRETCHING		STRETCHING		
14:00	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL		
17:30	PILATES		PILATES		PILATES		
18:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
19:00	SPORTCYCLE FUNCTIONAL	SPORTCYCLE FUNCTIONAL	FUNCTIONAL SPORTCYCLE	SPORTCYCLE FUNCTIONAL	FUNCTIONAL SPORTCYCLE		
19:30	TALLER DE ABDOMINALES	TALLER DE ABDOMINALES	TALLER DE ABDOMINALES	TALLER DE ABDOMINALES	TALLER DE ABDOMINALES		
20:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		