

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		PUMP		PUMP			
08:30	LOCAL		LOCAL		LOCAL		
09:00		YOGA	CAMINATA	YOGA	CAMINATA	YOGA	
09:30	CYCLE		CYCLE		CYCLE	CYCLE	
10:30						PUMP	
14:30		FUNCTIONAL		FUNCTIONAL			
15:30		CYCLE		CYCLE			
16:00	ZUMBA		ZUMBA		ZUMBA		
17:00	GAM	GAP	GAM	GAP			
18:00	FUNCTIONAL CYCLE PUMP	PUMP FUNCTIONAL	CYCLE FUNCTIONAL PUMP	PUMP FUNCTIONAL	CYCLE FUNCTIONAL PUMP		
18:30		YOGA		YOGA			
19:00	CROSSFIT LOCAL CYCLE	FUNCTIONAL ZUMBA	LOCAL CROSSFIT CYCLE	ZUMBA FUNCTIONAL	CROSSFIT CYCLE LOCAL		
20:00	FUNCTIONAL PUMP	ABD30'	PUMP FUNCTIONAL	ABD30'	FUNCTIONAL PUMP		