

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	SPORT FUNCTIONAL	ZUMBA	SPORT FUNCTIONAL	ZUMBA	SPORT FUNCTIONAL		
07:30	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
08:00		SPORTCYCLE		SPORTCYCLE			
08:15	SPORTCYCLE BODY PUMP		SPORTCYCLE BODY PUMP		SPORTCYCLE BODY PUMP		
08:30		PILATES MAT		PILATES MAT			
09:15						SPORT FUNCTIONAL	
10:00						SPORTCYCLE	
11:15						STRETCHING	
13:00	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA			
13:15	SPORT FUNCTIONAL TALLER DE ABDOMINALES	SPORTCYCLE SPORT FUNCTIONAL	SPORT FUNCTIONAL TALLER DE ABDOMINALES	SPORT FUNCTIONAL SPORTCYCLE	TALLER DE ABDOMINALES SPORT FUNCTIONAL		
13:30	SPORTCYCLE EXPRESS		SPORTCYCLE EXPRESS		SPORTCYCLE EXPRESS		
18:00		YOGA		YOGA			
18:15	ZUMBA		ZUMBA		ZUMBA		
18:30	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL		
18:45	100% ABDOMINALES		100% ABDOMINALES				
19:00	SPORTCYCLE	SPORTCYCLE POWER FIT	SPORTCYCLE	SPORTCYCLE POWER FIT	SPORTCYCLE		
19:15	SUPER WORKOUT		SUPER WORKOUT		SUPER WORKOUT		
19:30	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL		
20:00	STRETCHING	TALLER GAP BODY COMBAT	STRETCHING	TALLER GAP BODY COMBAT	STRETCHING		