

HORARIOS DE ACTIVIDADES

| HS. | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------------------------------------|--|--------------------------------------|--|--|---------------------|---------|
| 07:30 | | YOGA | | YOGA | | | |
| 08:30 | SPORTCYCLE | KANGOO POWER SPORTCYCLE VIRTUAL | SPORTCYCLE | KANGOO POWER SPORTCYCLE VIRTUAL | SPORTCYCLE | | |
| 09:00 | | 100% ABDOMINALES | | 100% ABDOMINALES | | YOGA | |
| 09:15 | 100% ABDOMINALES | TALLER DE ESTIRAMIENTO GAP | 100% ABDOMINALES | TALLER DE ESTIRAMIENTO GAP | 100% ABDOMINALES | | |
| 09:30 | SPORT FUNCTIONAL | | SPORT FUNCTIONAL | | SPORT FUNCTIONAL | | |
| 10:00 | | | | | TALLER DE ESTIRAMIENTO | ZUMBA | |
| 10:45 | | | | | | LOCALIZADA | |
| 11:00 | | | | | | SPORTCYCLE | |
| 11:30 | | | | | | KANGOO POWER | |
| 11:45 | | | | | | 100% ABDOMINALES | |
| 13:00 | SPORTCYCLE VIRTUAL | SPORTCYCLE | SPORTCYCLE VIRTUAL | SPORTCYCLE | SPORTCYCLE VIRTUAL | | |
| 14:00 | | 100% ABDOMINALES | | 100% ABDOMINALES | | | |
| 17:15 | | ZUMBA | | ZUMBA | | | |
| 17:30 | SPORTCYCLE | | SPORTCYCLE | | | | |
| 18:00 | ENTRENAMIENTO DE COMBATE | KANGOO POWER | ENTRENAMIENTO DE COMBATE | KANGOO POWER | ENTRENAMIENTO DE COMBATE | | |
| 18:30 | SPORTCYCLE SPORT FUNCTIONAL | SPORTCYCLE | SPORT FUNCTIONAL SPORTCYCLE | SPORTCYCLE | SPORT FUNCTIONAL SPORTCYCLE VIRTUAL | | |
| 18:45 | | KANGOO POWER | | KANGOO POWER | | | |
| 19:15 | 100% ABDOMINALES BOX TRAINNING | | BOX TRAINNING 100% ABDOMINALES | | BOX TRAINNING | | |
| 19:30 | SPORT FUNCTIONAL | SPORTCYCLE LOCALIZADA | SPORT FUNCTIONAL | LOCALIZADA SPORTCYCLE | SPORT FUNCTIONAL | | |
| 19:45 | SPORTCYCLE | | SPORTCYCLE | | | | |
| 20:00 | BOXEO RECREATIVO | | BOXEO RECREATIVO | | BOXEO RECREATIVO | | |