

HORARIOS DE ACTIVIDADES

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