

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
09:00	SPORT PILATES SPORT FUNCTIONAL	SPORTCYCLE	SPORT PILATES SPORT FUNCTIONAL	SPORTCYCLE	SPORT PILATES SPORT FUNCTIONAL	SPORT PILATES	
10:00	POWERFLEX	STRETCHING	POWERFLEX	STRETCHING	POWERFLEX	STRETCHING SPORTCYCLE	
11:00	STRETCHING	ZUMBA	STRETCHING	ZUMBA	STRETCHING	HARD TRAINING	
12:00	GYM TOTAL YOGA	TALLER POSTURAL	GYM TOTAL YOGA	TALLER POSTURAL	GYM TOTAL YOGA	SPORTCYCLE MIX DANCE	
13:00	BODY PUMP SPORTCYCLE	GAP SPORTCYCLE	SPORTCYCLE BODY PUMP	GAP SPORTCYCLE	BODY PUMP SPORTCYCLE	BODY COMBAT	
15:00						YOGA	
15:30						SPORTCYCLE	
16:00						ZUMBA	
17:00		AQUA ZUMBA		AQUA ZUMBA			
18:00	AERO LOCAL	STRETCHING SPORTCYCLE TAEKWONDO (ADULTOS)	ESFERODINAMIA AERO LOCAL	TAEKWONDO (ADULTOS) SPORTCYCLE STRETCHING	AERO LOCAL		
19:00	YOGA RITMOS LATINOS	GAP SPORTCYCLE TALLER DE ABDOMINALES	YOGA TALLER DE ABDOMINALES MIX DANCE	GAP SPORTCYCLE TALLER DE ABDOMINALES	AQUA FUNCTIONAL ZUMBA YOGA		
19:30	TALLER DE ABDOMINALES				TALLER DE ABDOMINALES		
20:00	SPORTCYCLE CX-WORKS	BODY PUMP STRETCHING	SPORTCYCLE CX-WORKS STRETCHING	BODY PUMP STRETCHING	VOLEY ADULTOS TEAM RUNNING SPORTCYCLE CX-WORKS		
20:15		SPORT FUNCTIONAL		SPORT FUNCTIONAL			
20:30	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
21:00	TEAM RUNNING SPORTCYCLE BODY COMBAT BASQUET ADULTOS	ZUMBA SPORTCYCLE FUTBOL ADULTOS	TEAM RUNNING SPORTCYCLE BODY COMBAT BASQUET ADULTOS	ZUMBA SPORTCYCLE FUTBOL ADULTOS	TEAM RUNNING SPORTCYCLE BODY COMBAT		
21:30					BASQUET ADULTOS		
22:00	VOLEY ADULTOS		VOLEY ADULTOS				