

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30		SPORTCYCLE		SPORTCYCLE			
08:15	SPORTCYCLE	LOCALIZADA INT.	SPORTCYCLE	LOCALIZADA INT.	SPORTCYCLE		
09:00	100% ABDOMINALES SUPER WORKOUT	ZUMBA	SUPER WORKOUT 100% ABDOMINALES		ZUMBA 100% ABDOMINALES	TAI CHI CHUAN	
09:15		ENTRENAMIENTO FUNCIONAL		ENTRENAMIENTO FUNCIONAL			
10:00	YOGA		YOGA		YOGA		
11:00						SPORTCYCLE CROSS BOX TRAINNING	
12:00						BODY PUMP	
13:30						POWER JUMP	
16:00						SPORTCYCLE ZUMBA	
18:00	STRETCHING	GAP	PILATES MAT ZUMBA	POWER LOCAL			
19:00	PILATES MAT BODY PUMP	BODY COMBAT 100% ABDOMINALES	STRETCHING BODY PUMP	100% ABDOMINALES BODY COMBAT			
19:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
19:45	ENTRENAMIENTO FUNCIONAL		ENTRENAMIENTO FUNCIONAL				
20:00	YOGA 100% ABDOMINALES ZUMBA	BODY PUMP SPORT FUNCIONAL	100% ABDOMINALES CROSS BOX TRAINNING YOGA	BODY PUMP SPORT FUNCIONAL	BOXEO 100% ABDOMINALES ZUMBA		
20:30	SPORTCYCLE		SPORTCYCLE				
21:00	TAI CHI CHUAN	ZUMBA POWER JUMP		POWER JUMP TAI CHI CHUAN			