

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
08:30		SPORTCYCLE		SPORTCYCLE			
08:45		YOGA		YOGA			
09:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
10:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
10:30						LOCALIZADA SPORTCYCLE	
11:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
11:30						STRETCHING	
12:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
12:15		CYCLE VIRTUAL	CYCLE VIRTUAL	CYCLE VIRTUAL			
13:15	SPORT FUNCTIONAL SPORTCYCLE BODY PUMP	SPORTCYCLE 100% ABDOMINALES	SPORTCYCLE BODY PUMP SPORT FUNCTIONAL	SPORTCYCLE 100% ABDOMINALES	SPORTCYCLE BODY PUMP SPORT FUNCTIONAL		
18:15		LOCAL MIX TRAINING		LOCAL MIX TRAINING			
18:30	SPORTCYCLE TALLER DE ABDOMINALES		TALLER DE ABDOMINALES SPORTCYCLE		TALLER DE ABDOMINALES		
19:00	BODY PUMP	SPORTCYCLE RITMOS LATINOS INTENSIVO	BODY PUMP	RITMOS LATINOS INTENSIVO SPORTCYCLE	BODY PUMP SPORTCYCLE		
19:15	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL	SPORT FUNCTIONAL		
20:00		BODY COMBAT		BODY COMBAT			
20:15	SPORTCYCLE TALLER DE ABDOMINALES		SPORTCYCLE TALLER DE ABDOMINALES				