

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		SPORTCYCLE GAP		SPORTCYCLE GAP			
08:30	POWER FIT SPORTCYCLE		SPORTCYCLE POWER FIT		SPORTCYCLE POWER FIT		
09:00		PILATES HARD TRAINING		HARD TRAINING PILATES			
09:30	YOGA	SPORTCYCLE	YOGA	SPORTCYCLE	YOGA		
10:00		STRETCHING		STRETCHING		ZUMBA	
10:30					ZUMBA		
11:00						SPORTCYCLE POWER	
12:00						STRETCHING	
13:30	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORT FUNCTIONAL SPORTCYCLE		
14:30		YOGA		YOGA			
15:00			SPORT FUNCTIONAL				
18:00	ZUMBA SPORT FUNCTIONAL	PILATES	ZUMBA SPORT FUNCTIONAL	PILATES	GAP		
18:15					ENTRENAMIENTO FUNCIONAL		
18:30		SPORT FUNCTIONAL		SPORT FUNCTIONAL			
19:00	GAP SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE TALLER DE ABDOMINALES BODY STEP	SPORTCYCLE GAP SPORT FUNCTIONAL	TALLER DE ABDOMINALES BODY STEP SPORTCYCLE	SPORTCYCLE ZUMBA		
20:00	SPORTCYCLE	TALLER DE ABDOMINALES POWER SPORTCYCLE	SPORTCYCLE	TALLER DE ABDOMINALES SPORTCYCLE POWER			