

HORARIOS DE ACTIVIDADES

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