

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30	KIMAX				KIMAX		
08:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
09:00	AERO LOCAL	ROWING CLASS	STRETCHING	SPORT FUNCTIONAL	AERO LOCAL		
10:00		YOGA		YOGA		YOGA	
11:00						SPORTCYCLE	
12:15						ROWING CLASS	
13:00	BODY PUMP	ROWING CLASS	BODY PUMP	ROWING CLASS	BODY PUMP	TALLER DE ABDOMINALES	
14:00	SPORTCYCLE	BODY PUMP	SPORTCYCLE	BODY PUMP	SPORTCYCLE		
15:00		ZUMBA		ZUMBA			
17:00	ZUMBA	GAP	ZUMBA	SPORT FUNCTIONAL		BODY PUMP	
18:00	AERO LOCAL	STRETCHING	AERO LOCAL	STRETCHING	GAP	SPORTCYCLE	
19:00	SPORTCYCLE POWER JUMP	SPORTCYCLE BODY PUMP	POWER JUMP SPORTCYCLE	SPORTCYCLE BODY PUMP	SPORTCYCLE MIX DANCE		
20:00	BODY COMBAT SPORTCYCLE	ZUMBA SPORTCYCLE	SPORTCYCLE BODY COMBAT	KANGOO POWER SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE		
21:00	TALLER DE ABDOMINALES	SPORT FUNCTIONAL	TALLER DE ABDOMINALES	ROWING CLASS	TALLER DE ABDOMINALES		