

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15		HIIT		HIIT			
08:00	SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE		
09:00	SPORT FUNCTIONAL AERO LOCAL		SPORT FUNCTIONAL STRETCHING		SPORT FUNCTIONAL AERO LOCAL		
10:00		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			
16:00						ZUMBA	
17:00	ZUMBA	GAP	ZUMBA	SPORT FUNCTIONAL	YOGA	BODY PUMP	
18:00	TULUKA AERO LOCAL	STRETCHING	AERO LOCAL TULUKA	STRETCHING	TULUKA GAP	SPORTCYCLE	
19:00	POWER JUMP SPORTCYCLE	SPORTCYCLE BODY PUMP	POWER JUMP SPORTCYCLE	SPORTCYCLE BODY PUMP	MIX DANCE SPORTCYCLE	SPORT FUNCTIONAL	
20:00	SPORTCYCLE BODY COMBAT	SPORTCYCLE ZUMBA	BODY COMBAT SPORTCYCLE	KANGOO POWER SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE		
21:00	TALLER DE ABDOMINALES	ROWING CLASS	TALLER DE ABDOMINALES	ROWING CLASS	TALLER DE ABDOMINALES		