

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORT FUNCTIONAL SPORTCYCLE	LOCALIZADA	SPORTCYCLE SPORT FUNCTIONAL	LOCALIZADA	SPORTCYCLE SPORT FUNCTIONAL		
08:30	ZUMBA	SPORT FUNCTIONAL	ZUMBA	SPORT FUNCTIONAL	ZUMBA		
09:00		YOGA 100% ABDOMINALES SPORTCYCLE		YOGA 100% ABDOMINALES SPORTCYCLE			
09:30	BODY PUMP		BODY PUMP		BODY PUMP		
10:00		POWER LOCAL		POWER LOCAL		SPORT FUNCTIONAL	
10:30	STRETCHING		STRETCHING		STRETCHING		
11:00		100% ABDOMINALES		100% ABDOMINALES		SPORTCYCLE POWER LOCAL RITMOS RECREATIVOS	
12:00						STRETCHING	
13:00		SPORTCYCLE		SPORTCYCLE		SPORTCYCLE	
14:00	ZUMBA STRONG		ZUMBA STRONG		ZUMBA STRONG		
18:00	SPORT FUNCTIONAL PILATES MAT	STRETCHING SPORTCYCLE	SPORT FUNCTIONAL PILATES MAT	SPORTCYCLE STRETCHING	SPORT FUNCTIONAL PILATES MAT		
19:00	SPORT FUNCTIONAL POWER LOCAL SPORTCYCLE	SPORT FUNCTIONAL BODY PUMP RITMOS RECREATIVOS	SPORT FUNCTIONAL POWER LOCAL SPORTCYCLE	SPORT FUNCTIONAL RITMOS RECREATIVOS BODY PUMP	SPORT FUNCTIONAL POWER LOCAL SPORTCYCLE		
20:00	SPORTCYCLE 100% ABDOMINALES SPORT FUNCTIONAL	SPORTCYCLE SPORT FUNCTIONAL BOX TRAINNING	SPORT FUNCTIONAL 100% ABDOMINALES SPORTCYCLE	BOX TRAINNING SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL 100% ABDOMINALES SPORTCYCLE		
20:30	ZUMBA		ZUMBA		ZUMBA		