

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15		SPORTCYCLE VIRTUAL		SPORTCYCLE VIRTUAL			
08:15	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
09:00	SPORT FUNCTIONAL	LOCAL MIX TRAINING	SPORT FUNCTIONAL	LOCAL MIX TRAINING	SPORT FUNCTIONAL		
10:15						FIGHT DO	
10:30						SPORTCYCLE	
11:15	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
11:30						SPORTCYCLE MIX DANCE	
12:15		HIIT		HIIT			
12:30						BOXEO RECREATIVO	
13:00	SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE PILATES MAT	SPORT FUNCTIONAL SPORTCYCLE	SPORTCYCLE PILATES MAT	SPORTCYCLE SPORT FUNCTIONAL		
15:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
17:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	
18:00	LOCALIZADA	LOCAL MIX TRAINING	LOCALIZADA	LOCAL MIX TRAINING	LOCALIZADA		
18:15	SPORT CYCLE HIIT		SPORT CYCLE HIIT		SPORT CYCLE HIIT		
18:30		SPORTCYCLE		SPORTCYCLE			
19:00	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL SPORTCYCLE		
19:30		SPORTCYCLE		SPORTCYCLE			
20:00	RITMOS LATINOS SPORTCYCLE	YOGA	RITMOS LATINOS SPORTCYCLE	YOGA	RITMOS LATINOS SPORTCYCLE		
20:45		BOXEO RECREATIVO		BOXEO RECREATIVO			