

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		
10:30						SPORTCYCLE FIGHT DO	
11:15	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
11:30						MIX DANCE SPORTCYCLE	
12:15		HIIT		HIIT			
13:00	SPORT FUNCTIONAL SPORTCYCLE	PILATES MAT SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE PILATES MAT	SPORT FUNCTIONAL SPORTCYCLE		
15:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
17:00	LOCALIZADA SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	LOCALIZADA SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL LOCALIZADA	SPORTCYCLE VIRTUAL	
18:00	SPORT FUNCTIONAL	SPORTCYCLE LOCAL MIX TRAINING	SPORT FUNCTIONAL	SPORTCYCLE LOCAL MIX TRAINING	SPORT FUNCTIONAL		
18:15	SPORTCYCLE HIIT		SPORTCYCLE HIIT		SPORTCYCLE HIIT		
19:00	SPORTCYCLE BOXEO TALLER SPORT FUNCTIONAL 30'	SPORT FUNCTIONAL SPORTCYCLE	BOXEO SPORTCYCLE TALLER SPORT FUNCTIONAL 30'	SPORT FUNCTIONAL SPORTCYCLE	BOXEO TALLER SPORT FUNCTIONAL 30' SPORTCYCLE		
19:30	TALLER SPORT FUNCTIONAL 30'		TALLER SPORT FUNCTIONAL 30'		TALLER SPORT FUNCTIONAL 30'		
20:00	RITMOS LATINOS SPORTCYCLE	YOGA	RITMOS LATINOS SPORTCYCLE	YOGA	SPORTCYCLE RITMOS LATINOS		