

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			
13:00	SPORT FUNCTIONAL SPORTCYCLE	PILATES MAT SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	PILATES MAT SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE		
15:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
17:00	SPORTCYCLE VIRTUAL LOCALIZADA	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	SPORT CYCLE HIIT		SPORT CYCLE HIIT		SPORT CYCLE HIIT		
19:00	BOXEO SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	BOXEO SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	BOXEO SPORTCYCLE		
20:00	SPORTCYCLE RITMOS LATINOS	YOGA	SPORTCYCLE RITMOS LATINOS	YOGA	SPORTCYCLE RITMOS LATINOS		