

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	LOCALIZADA	SPORTCYCLE	LOCALIZADA	SPORTCYCLE	LOCALIZADA		
09:00	SPORTCYCLE SPORT FUNCTIONAL	POWER LOCAL	SPORTCYCLE SPORT FUNCTIONAL	POWER LOCAL	SPORTCYCLE SPORT FUNCTIONAL		
09:30						100% ABDOMINALES	
10:00	AQUA GYM 100% ABDOMINALES STRETCHING	YOGA	100% ABDOMINALES AQUA GYM STRETCHING	YOGA	AQUA GYM 100% ABDOMINALES STRETCHING	ZUMBA SPORTCYCLE	
11:00		ENERGY FIT		ENERGY FIT		X55	
12:00						YOGA	
14:30	POWER LOCAL		POWER LOCAL		POWER LOCAL		
18:00	BODY PUMP	SÚPER LOCAL AQUA GYM	BODY PUMP	SÚPER LOCAL AQUA GYM	BODY PUMP	SPORTCYCLE	
19:00	ZUMBA SPORTCYCLE	SPORTCYCLE POWER JUMP	SPORTCYCLE ZUMBA	SPORTCYCLE POWER JUMP	ZUMBA SPORTCYCLE		
20:00	SPORT FUNCTIONAL SPORTCYCLE	BODY PUMP	SPORT FUNCTIONAL SPORTCYCLE	BODY PUMP	SPORT FUNCTIONAL SPORTCYCLE		
21:00	SPORT FUNCTIONAL	YOGA	SPORT FUNCTIONAL	YOGA	SPORT FUNCTIONAL		