

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:10	100% ABDOMINALES	FIGHT DO	100% ABDOMINALES	FIGHT DO	100% ABDOMINALES		
07:30	SPORTCYCLE LOCALIZADA INT.	SPORTCYCLE	SPORTCYCLE LOCALIZADA INT.	SPORTCYCLE	SPORTCYCLE LOCALIZADA INT.		
08:15	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
11:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
12:00		HIIT		HIIT			
12:15	LOCALIZADA INT.		LOCALIZADA INT.		LOCALIZADA INT.		
12:30	TALLER DE ESTIRAMIENTO SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE TALLER DE ESTIRAMIENTO	SPORT FUNCTIONAL	SPORTCYCLE TALLER DE ESTIRAMIENTO		
13:00	HIIT ABDOMINALES		ABDOMINALES HIIT		HIIT ABDOMINALES		
13:15	SPORTCYCLE	FIGHT DO SPORTCYCLE	SPORTCYCLE VIRTUAL	FIGHT DO SPORTCYCLE	SPORTCYCLE		
13:30	YOGA HIIT		HIIT YOGA		HIIT		
14:00	SPORTCYCLE VIRTUAL SPORT FUNCTIONAL	SPORTCYCLE STRETCHING	SPORTCYCLE VIRTUAL SPORT FUNCTIONAL	STRETCHING SPORTCYCLE	SPORTCYCLE VIRTUAL SPORT FUNCTIONAL		
15:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
18:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
18:30	LOCALIZADA INT.	SPORT FUNCTIONAL	LOCALIZADA INT.	SPORT FUNCTIONAL	HIIT		
19:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
19:15		ZUMBA		ZUMBA			
19:30	TALLER DE ABDOMINALES KICK BOX TRAINING		KICK BOX TRAINING TALLER DE ABDOMINALES		KICK BOX TRAINING		
20:00	STRETCHING SPORTCYCLE VIRTUAL	YOGA SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL STRETCHING	YOGA SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
20:15	LOCAL BAR		LOCAL BAR				