

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	TALLER DE ESTIRAMIENTO SPORTCYCLE	SPORT FUNCTIONAL	TALLER DE ESTIRAMIENTO SPORTCYCLE		
13:00	ABDOMINALES HIIT		ABDOMINALES HIIT		ABDOMINALES HIIT		
13:15	SPORTCYCLE	FIGHT DO SPORTCYCLE	SPORTCYCLE	FIGHT DO SPORTCYCLE	SPORTCYCLE		
13:30	YOGA HIIT		YOGA HIIT		HIIT		
14:00	SPORTCYCLE VIRTUAL SPORT FUNCTIONAL	STRETCHING SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE VIRTUAL	STRETCHING SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE VIRTUAL		
15:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
18:30	SPORTCYCLE INTERVAL TRAINING	SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE INTERVAL TRAINING	SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE HIIT		
19:00					HARD TRAINING		
19:15	SPORTCYCLE TALLER GAP	ZUMBA	SPORTCYCLE TALLER GAP	ZUMBA	SPORTCYCLE		
19:45	ABDOMINAL POWER		ABDOMINAL POWER				
20:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL YOGA	SPORTCYCLE VIRTUAL	YOGA SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
20:15	STRETCHING		STRETCHING				