

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:45	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
09:00	LOCALIZADA	GAP 55	LOCALIZADA	GAP 55	LOCALIZADA		
09:30						STRETCHING	
10:00	AQUA SPORTCLUB STRETCHING	SPORTCYCLE	STRETCHING AQUA SPORTCLUB	SPORTCYCLE	AQUA SPORTCLUB		
10:30		YOGA		YOGA		LOCALIZADA	
11:00	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		
11:30						SPORTCYCLE ZUMBA	
12:00	AQUA SPORTCLUB	AQUA SPORTCLUB	AQUA SPORTCLUB	AQUA SPORTCLUB	AQUA SPORTCLUB		
13:00		SPORTCYCLE		SPORTCYCLE			
14:00	LOCALIZADA	GIMNASIA CORRECTIVA	LOCALIZADA	GIMNASIA CORRECTIVA	LOCALIZADA	AQUA SPORTCLUB	
15:00	STRETCHING	AQUA SPORTCLUB ZUMBA	STRETCHING	AQUA SPORTCLUB ZUMBA	YOGA		
16:00	AQUA SPORTCLUB	TALLER DE ABDOMINALES	AQUA SPORTCLUB	TALLER DE ABDOMINALES	AQUA SPORTCLUB		
16:30						BODY PUMP	
17:45	SPORTCYCLE		SPORTCYCLE				
18:00	BODY BALANCE	LOCALIZADA SPORTCYCLE	BODY BALANCE	LOCALIZADA SPORTCYCLE	BODY PUMP	SPORTCYCLE	
18:30	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES				
19:00	ZUMBA SPORTCYCLE	TALLER DE ABDOMINALES STRETCHING	GAP 55 SPORTCYCLE	TALLER DE ABDOMINALES STRETCHING	ZUMBA SPORTCYCLE	YOGA	
20:00	SPORTCYCLE BODY COMBAT	SPORTCYCLE BODY PUMP	SPORTCYCLE BODY COMBAT	BODY PUMP SPORTCYCLE	BODY COMBAT SPORTCYCLE		
21:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE			
21:15	BOXEO RECREATIVO	TAEKWONDO (ADULTOS)	BOXEO RECREATIVO	TAEKWONDO (ADULTOS)			