

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:45		SPORTCYCLE		SPORTCYCLE			
08:30		SPORTFUNCTIONAL		SPORTFUNCTIONAL			
09:00	GAP SPORTCYCLE	PILATES MAT	GAP SPORTCYCLE	PILATES MAT	GAP SPORTCYCLE		
10:00	YOGA	STRETCHING	YOGA	STRETCHING	YOGA	YOGA	
10:30						SPORTFUNCTIONAL	
11:00						SPORTCYCLE ZUMBA	
12:00						LOCALIZADA SPORTCYCLE	
12:30	SPORTFUNCTIONAL	SPORTFUNCTIONAL	SPORTFUNCTIONAL	SPORTFUNCTIONAL	SPORTFUNCTIONAL		
13:00		SPORTCYCLE		SPORTCYCLE			
13:15						STRETCHING	
13:30	ZUMBA		ZUMBA		ZUMBA		
15:00	YOGA		YOGA		YOGA		
18:00	LOCALIZADA TULUKA BOXING SPORTCYCLE	SPORTCYCLE FIGHT DO	LOCALIZADA TULUKA BOXING SPORTCYCLE	SPORTCYCLE FIGHT DO	LOCALIZADA TULUKA BOXING SPORTCYCLE		
19:00	TULUKA BOXING RITMOS LATINOS SPORTCYCLE	SPORTCYCLE	SPORTCYCLE TULUKA BOXING RITMOS LATINOS	SPORTCYCLE	RITMOS LATINOS SPORTCYCLE TULUKA BOXING		
19:30		100% ABDOMINALES BODY PUMP		100% ABDOMINALES BODY PUMP			
20:00	BODY PUMP SPORTFUNCTIONAL SPORTCYCLE	SPORTFUNCTIONAL	SPORTCYCLE BODY PUMP SPORTFUNCTIONAL	SPORTFUNCTIONAL	BODY PUMP		