

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
08:30		STRETCHING		STRETCHING			
09:00	BODY PUMP		BODY PUMP		BODY PUMP		
09:15	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
10:00	YOGA		YOGA		YOGA		
11:00						ABDOMINALES	
11:30						SPORTCYCLE	
12:00		STRETCHING		STRETCHING			
13:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE	PILATES MAT	
17:00		RITMOS RECREATIVOS		RITMOS RECREATIVOS			
18:00	YOGA	BOXEO RECREATIVO STRETCHING	YOGA	BOXEO RECREATIVO STRETCHING	YOGA		
18:30	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
19:00		SPORTCYCLE BODY PUMP ABDOMINALES		SPORTCYCLE ABDOMINALES BODY PUMP			
19:30	BODY PUMP SPORTCYCLE		BODY PUMP SPORTCYCLE		BODY PUMP SPORTCYCLE		
20:00	ABDOMINAL POWER	BODY ATTACK SPORTCYCLE SPORT FUNCTIONAL	ABDOMINAL POWER	SPORTCYCLE BODY ATTACK SPORT FUNCTIONAL	ABDOMINAL POWER		
20:30	POWER JUMP SPORT FUNCTIONAL		POWER JUMP SPORT FUNCTIONAL		POWER JUMP SPORT FUNCTIONAL		