

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
09:00	BODY PUMP		BODY PUMP		BODY PUMP		
09:15	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
10:00	YOGA		YOGA		YOGA		
11:00						BODY ATTACK ABDOMINALES	
11:30						SPORTCYCLE	
12:00		LOCALIZADA		LOCALIZADA			
13:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE	LOCALIZADA	
14:00						PILATES MAT	
18:00		STRETCHING		STRETCHING			
18:30	ZUMBA SPORTCYCLE		ZUMBA SPORTCYCLE		ZUMBA SPORTCYCLE		
19:00		BODY PUMP ABDOMINALES SPORTCYCLE		BODY PUMP ABDOMINALES SPORTCYCLE			
19:30	SPORTCYCLE BODY PUMP		SPORTCYCLE BODY PUMP		SPORTCYCLE BODY PUMP		
20:00	ABDOMINAL POWER	SPORTCYCLE BODY ATTACK SPORT FUNCTIONAL	ABDOMINAL POWER	BODY ATTACK SPORTCYCLE SPORT FUNCTIONAL	ABDOMINAL POWER		
20:30	POWER JUMP SPORT FUNCTIONAL		POWER JUMP SPORT FUNCTIONAL		SPORT FUNCTIONAL POWER JUMP		
21:00		BODY COMBAT		BODY COMBAT			