

# 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 BODY ATTACK	
11:30						SPORTCYCLE	
12:00		STRETCHING		STRETCHING			
13:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE	PILATES MAT	
18:00	YOGA	STRETCHING	YOGA	STRETCHING	YOGA		
18:30	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
19:00		SPORTCYCLE ABDOMINALES BODY PUMP		BODY PUMP ABDOMINALES SPORTCYCLE			
19:30	SPORTCYCLE BODY PUMP		SPORTCYCLE BODY PUMP		SPORTCYCLE BODY PUMP		
20:00	ABDOMINAL POWER	SPORTCYCLE SPORT FUNCTIONAL BODY ATTACK	ABDOMINAL POWER	SPORT FUNCTIONAL BODY ATTACK SPORTCYCLE	ABDOMINAL POWER		
20:30	POWER JUMP SPORT FUNCTIONAL		SPORT FUNCTIONAL POWER JUMP		SPORT FUNCTIONAL POWER JUMP		