

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTCYCLE	ZUMBA	SPORTCYCLE	ZUMBA	SPORTCYCLE		
09:00	SPORT FUNCTIONAL LOCALIZADA	SPORTCYCLE	SPORT FUNCTIONAL LOCALIZADA	SPORTCYCLE	SPORT FUNCTIONAL LOCALIZADA		
10:00	YOGA	TALLER DE ABDOMINALES STRETCHING	YOGA	TALLER DE ABDOMINALES STRETCHING	YOGA	BODY PUMP	
11:00						SPORTCYCLE YOGA BODY COMBAT	
12:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
12:15						ZUMBA	
12:30		SPORTCYCLE		SPORTCYCLE			
13:00	TALLER DE ABDOMINALES	SPORT FUNCTIONAL	TALLER DE ABDOMINALES	SPORT FUNCTIONAL	TALLER DE ABDOMINALES		
15:00	ZUMBA	LOCALIZADA	ZUMBA	LOCALIZADA	ZUMBA		
16:30	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		
18:00	BODY ATTACK	LOCALIZADA ZUMBA	BODY ATTACK	LOCALIZADA ZUMBA	SH' BAM	SPORTCYCLE POWER JUMP	
18:30	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
18:45	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
19:00	STRETCHING LOCALIZADA	SPORT FUNCTIONAL POWER JUMP BODY ATTACK	STRETCHING LOCALIZADA	SPORT FUNCTIONAL BODY ATTACK POWER JUMP	STRETCHING LOCALIZADA	SH' BAM BODY ATTACK	
19:15		SPORTCYCLE		SPORTCYCLE			
19:30	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		
20:00	BODY COMBAT RITMOS LATINOS SPORT FUNCTIONAL SPORTCYCLE	YOGA BODY PUMP TALLER DE ABDOMINALES	SPORTCYCLE BODY COMBAT RITMOS LATINOS SPORT FUNCTIONAL	YOGA TALLER DE ABDOMINALES BODY PUMP	BODY COMBAT RITMOS LATINOS SPORTCYCLE		
20:30		SPORTCYCLE		SPORTCYCLE			
21:00	POWER JUMP		POWER JUMP		POWER JUMP		