

HORARIOS DE ACTIVIDADES

| HS. | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|---------------------------------|------------|---------|
| 08:00 | | YOGA | | YOGA | | | |
| 08:15 | | | 100% ABDOMINALES | | | | |
| 08:30 | ZUMBA 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES ZUMBA | 100% ABDOMINALES | 100% ABDOMINALES ZUMBA | | |
| 09:00 | SPORTCYCLE | SPORTCYCLE | SPORTCYCLE | SPORTCYCLE | SPORTCYCLE | | |
| 10:00 | | | | | | SPORTCYCLE | |
| 11:00 | | | | | | YOGA | |
| 13:30 | | SPINNING | | SPINNING | | | |
| 14:00 | SPORT FUNCTIONAL | | SPORT FUNCTIONAL | | SPORT FUNCTIONAL | | |
| 14:30 | | 100% ABDOMINALES | | 100% ABDOMINALES | | | |
| 16:00 | ZUMBA | | ZUMBA | | ZUMBA | | |
| 17:30 | PILATES MAT | | PILATES MAT | | PILATES/ STRECHING | | |
| 18:00 | | LOCALIZADA INT. SPORTCYCLE | | LOCALIZADA INT. | | | |
| 18:05 | | | | SPORTCYCLE | | | |
| 19:00 | SPORT FUNCTIONAL SPORTCYCLE | SPORTCYCLE SPORT FUNCTIONAL | SPORT FUNCTIONAL SPORTCYCLE | SPORT FUNCTIONAL SPORTCYCLE | SPORT FUNCTIONAL SPINNING | | |
| 20:00 | SPORTCYCLE | SPORTCYCLE ZUMBA | SPORTCYCLE | ZUMBA SPORTCYCLE | BOXEO | | |
| 21:00 | | BOXEO | BOXEO | | | | |