

## HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		YOGA		YOGA			
08:15			ZUMBA		ZUMBA		
08:30	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES		
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.		LOCALIZADA INT.			
18:05		SPORTCYCLE		SPORTCYCLE			
19:00	SPORTCYCLE SPORT FUNCTIONAL	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE	SPINNING SPORT FUNCTIONAL		
20:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	BOXEO		
20:15		ZUMBA		ZUMBA			
21:00	BOXEO		BOXEO				