

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		YOGA		YOGA			
08:30	ZUMBA		ZUMBA		ZUMBA		
09:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
10:00						SPORTCYCLE	
11:00						ZUMBA	
12:00						YOGA	
14:00	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL		
16:00	ZUMBA		ZUMBA		ZUMBA		
17:30	PILATES MAT		PILATES MAT		PILATES/ STRETCHING		
18:00		SPORTCYCLE LOCALIZADA INT.		LOCALIZADA INT. SPORTCYCLE			
19:00	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL SPINNING		
20:00	BODY COMBAT SPORTCYCLE	ZUMBA SPORTCYCLE	SPORTCYCLE BODY COMBAT	ZUMBA SPORTCYCLE	BOXEO		
21:00		BOXEO	BOXEO				