

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
08:00	CROSS TRAINING SPORTCYCLE	CROSS TRAINING SPORTCYCLE YOGA	CROSS TRAINING SPORTCYCLE	CROSS TRAINING YOGA SPORTCYCLE	CROSS TRAINING SPORTCYCLE		
09:00	CROSS TRAINING	LOCALIZADA CROSS TRAINING	CROSS TRAINING	LOCALIZADA CROSS TRAINING	CROSS TRAINING		
09:15	LOCALIZADA		LOCALIZADA		LOCALIZADA		
10:00		SÚPER LOCAL		SÚPER LOCAL		YOGA SPORTCYCLE CROSS TRAINING	
10:15	STRETCHING		STRETCHING		STRETCHING		
11:00						CROSS TRAINING LATINO	
11:30						SPORTCYCLE	
12:00		LOCALIZADA		LOCALIZADA		LOCALIZADA CROSS TRAINING	
13:00	BODY COMBAT	YOGA	BODY COMBAT	YOGA	BODY COMBAT	PILATES/ STRECHING	
14:00	BODY PUMP		BODY PUMP		BODY PUMP		
14:30			100% ABDOMINALES				
15:00						ZUMBA	
16:00						BODY COMBAT	
17:00	LOCAL MIX TRAINING	GAP	LOCAL MIX TRAINING	GAP	LOCAL MIX TRAINING		
17:30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
18:00	STEP SPORTCYCLE	BODY COMBAT	STEP SPORTCYCLE	BODY COMBAT	SPORTCYCLE STEP	SPORTCYCLE	
18:30	CROSS TRAINING	CROSS TRAINING SPORTCYCLE	CROSS TRAINING	SPORTCYCLE CROSS TRAINING	CROSS TRAINING		
19:00	LOCALIZADA	BODY PUMP	BODY PUMP	BODY PUMP	LOCALIZADA		
19:30	SPORTCYCLE CROSS TRAINING	CROSS TRAINING SPORTCYCLE	CROSS TRAINING SPORTCYCLE	CROSS TRAINING SPORTCYCLE	CROSS TRAINING SPORTCYCLE		

<b>20:00</b>	ZUMBA SPORT FUNCTIONAL	100% ABDOMINALES	ZUMBA SPORT FUNCTIONAL	100% ABDOMINALES	ZUMBA SPORT FUNCTIONAL		
<b>20:30</b>	SPORTCYCLE CROSS TRAINING	CROSS TRAINING SPORTCYCLE	SPORTCYCLE CROSS TRAINING	SPORTCYCLE CROSS TRAINING	SPORTCYCLE CROSS TRAINING		
<b>21:00</b>	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		