

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTCYCLE	100% ABDOMINALES SPORT FUNCTIONAL	SPORTCYCLE	100% ABDOMINALES SPORT FUNCTIONAL	SPORTCYCLE		
08:15	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
08:30		SPORTCYCLE		SPORTCYCLE			
09:00	YOGA	ZUMBA	YOGA	ZUMBA	YOGA		
09:30		LOCAL		LOCAL			
10:00						SPORT FUNCTIONAL SPORTCYCLE	
11:00						PILATES MAT	
13:00	SPORT FUNCTIONAL SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	SPORT FUNCTIONAL SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE SPORT FUNCTIONAL		
16:00		YOGA		YOGA			
17:00		GAP		GAP		SPORT FUNCTIONAL ZUMBA	
18:00	ENTRENAMIENTO FUNCIONAL PILATES MAT	ZUMBA STRONG STRETCHING	ENTRENAMIENTO FUNCIONAL PILATES MAT	ZUMBA STRONG STRETCHING	ENTRENAMIENTO FUNCIONAL PILATES MAT		
19:00	SPORTCYCLE SPORT FUNCTIONAL ZUMBA	SPORTCYCLE SPORT FUNCTIONAL LOCAL	SPORTCYCLE SPORT FUNCTIONAL ZUMBA	SPORT FUNCTIONAL LOCAL SPORTCYCLE	SPORT FUNCTIONAL ZUMBA SPORTCYCLE		
19:30	100% ABDOMINALES		100% ABDOMINALES		ABDOMINALES		
20:00	BOX TRAINING SPORT FUNCTIONAL BODY PUMP	100% ABDOMINALES SPORTCYCLE ENTRENAMIENTO FUNCIONAL ZUMBA	BOX TRAINING SPORT FUNCTIONAL BODY PUMP	SPORTCYCLE ABDOMINALES ENTRENAMIENTO FUNCIONAL ZUMBA	BODY PUMP BOX TRAINING		
20:15	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		