

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		SPORTCYCLE		SPORTCYCLE			
08:30	FULLTRAINING SPORTCYCLE FUNCTIONAL BOX		FULLTRAINING SPORTCYCLE FUNCTIONAL BOX		FUNCTIONAL BOX FULLTRAINING SPORTCYCLE		
09:00		SPORT FUNCTIONAL YOGA		YOGA SPORT FUNCTIONAL			
09:30	RITMOS LATINOS		RITMOS LATINOS		RITMOS LATINOS	POWER FIT SPORTCYCLE	
10:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
10:30	POWERFLEX		POWERFLEX		POWERFLEX	POWER LOCAL	
11:30						LOCAL FUNCTIONAL	
12:30	SPORTCYCLE VIRTUAL	TALLER GAP	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
13:30	BODY PUMP	POWER LOCAL	BODY PUMP	TALLER DE ABDOMINALES	SPORTCYCLE		
14:00				TALLER GAP			
14:30				POWERFLEX			
18:00	FAT BURNER TRAINING	SPORTCYCLE TALLER DE ABDOMINALES	FAT BURNER TRAINING	SPORTCYCLE TALLER DE ABDOMINALES	FAT BURNER TRAINING	SPORTCYCLE	
19:00	SPORT FUNCTIONAL SPORTCYCLE	TRAINING HIT	SPORT FUNCTIONAL SPORTCYCLE	TALLER GAP	SPORT FUNCTIONAL		
20:00	TRAINING HIT	SPORTCYCLE RIT MIX	TRAINING HIT	SPORTCYCLE RIT MIX	TRAINING HIT		