

HORARIOS DE ACTIVIDADES

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