

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		AEROBOX SPORTCYCLE		SPORTCYCLE BODY PUMP			
08:30	FULLTRAINING SPORT FUNCTIONAL SPORTCYCLE		FULLTRAINING FUNCTIONAL BOX SPORTCYCLE		FUNCTIONAL BOX SPORTCYCLE FULLTRAINING		
09:00		YOGA SPORT FUNCTIONAL		SPORT FUNCTIONAL YOGA			
09:30	RITMOS LATINOS		RITMOS LATINOS		RITMOS LATINOS	POWER FIT SPORTCYCLE	
10:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
10:30	POWERFLEX		POWERFLEX		POWERFLEX	POWER LOCAL	
11:30						LOCAL FUNCTIONAL	
12:30		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			
17:30						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 HIIT	SPORT FUNCTIONAL SPORTCYCLE	TALLER GAP	SPORT FUNCTIONAL		
20:00	TRAINING HIIT	SPORTCYCLE RIT MIX	TRAINING HIIT	SPORTCYCLE RIT MIX	TRAINING HIIT		