

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		SPORTCYCLE		SPORTCYCLE BODY PUMP			
08:30	SPORT FUNCTIONAL FULLTRAINING SPORTCYCLE		FUNCTIONAL BOX FULLTRAINING SPORTCYCLE		SPORTCYCLE FUNCTIONAL BOX FULLTRAINING		
09:00		YOGA SPORT FUNCTIONAL		SPORT FUNCTIONAL YOGA			
09:30	RITMOS LATINOS		RITMOS LATINOS		RITMOS LATINOS	SPORTCYCLE POWER FIT	
10:00	SPORTCYCLE	SPORTCYCLE AERO KICK BOXING	SPORTCYCLE	SPORTCYCLE AERO KICK BOXING	SPORTCYCLE		
10:30	POWERFLEX		POWERFLEX		POWERFLEX	LOCALIZADA	
11:00		BARRE FIT		DANCE A TERRE			
11:30						LOCAL FUNCTIONAL	
13:30	BODY PUMP	POWER LOCAL	BODY PUMP	TALLER DE ABDOMINALES	BODY PUMP		
14:00				TALLER GAP			
18:00	FAT BURNER TRAINING	ABS + HIIT	FAT BURNER TRAINING	ABS + HIIT	FAT BURNER TRAINING		
19:00	AERO KICK BOXING SPORTCYCLE SPORT FUNCTIONAL	CIRCUIT TRAINING	SPORT FUNCTIONAL SPORTCYCLE	TALLER GAP	SPORT FUNCTIONAL		
20:00	TRAINING HIIT	SPORTCYCLE RIT MIX	TRAINING HIIT	SPORTCYCLE RIT MIX	TRAINING HIIT		