

HORARIOS DE ACTIVIDADES

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