

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
08:30		100% ABDOMINALES		100% ABDOMINALES			
11:00						ZUMBA SPORTCYCLE	
15:00	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
15:30	SPORTCYCLE	MINI TRAMP	SPORTCYCLE	MINI TRAMP	SPORTCYCLE		
16:00	PILATES/ STRECHING		PILATES/ STRECHING		PILATES/ STRECHING		
18:00	BARRAS CROSS FUNCTIONAL	MINI TRAMP	BARRAS CROSS FUNCTIONAL	MINI TRAMP	BARRAS CROSS FUNCTIONAL		
19:00	SPORTCYCLE CROSS FUNCTIONAL ZUMBA	URBAN DANCE SPORTCYCLE GAP	SPORTCYCLE ZUMBA CROSS FUNCTIONAL	URBAN DANCE SPORTCYCLE GAP	SPORTCYCLE ZUMBA CROSS FUNCTIONAL		
20:00	BARRAS SPORTCYCLE	SPORTCYCLE MINI TRAMP	BARRAS SPORTCYCLE	SPORTCYCLE MINI TRAMP	SPORTCYCLE BARRAS		
20:30		HIIT CORE		HIIT CORE			