

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	
18:00	CROSS FUNCTIONAL	GAP	CROSS FUNCTIONAL	GAP	CROSS FUNCTIONAL		
19:00	ZUMBA SPORTCYCLE CROSS FUNCTIONAL	URBAN DANCE	ZUMBA CROSS FUNCTIONAL SPORTCYCLE	URBAN DANCE	ZUMBA CROSS FUNCTIONAL SPORTCYCLE		
19:30		SPORTCYCLE		SPORTCYCLE			
20:00	100% ABDOMINALES SPORTCYCLE		100% ABDOMINALES SPORTCYCLE		100% ABDOMINALES SPORTCYCLE		
20:30	PILATES/ STRECHING	HIIT CORE PILATES/ STRECHING	PILATES/ STRECHING	HIIT CORE PILATES/ STRECHING	PILATES/ STRECHING		