

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 SPORT FUNCTIONAL SPORTCYCLE	
12:00						ZUMBA	
13:00							MINI TRAMP
15:00	SPORT FUNCTIONAL ZUMBA		ZUMBA SPORT FUNCTIONAL		SPORT FUNCTIONAL		
15:30	SPORTCYCLE	MINI TRAMP	SPORTCYCLE	MINI TRAMP	SPORTCYCLE		
16:00	PILATES/ STRETCHING		PILATES/ STRETCHING		PILATES/ STRETCHING		
18:00	BARRAS CROSS FUNCTIONAL	ZUMBA	BARRAS CROSS FUNCTIONAL	ZUMBA	CROSS FUNCTIONAL BARRAS		
19:00	ZUMBA SPORTCYCLE CROSS FUNCTIONAL	BARRAS SPORTCYCLE GAP	ZUMBA SPORTCYCLE CROSS FUNCTIONAL	SPORTCYCLE BARRAS GAP	SPORTCYCLE CROSS FUNCTIONAL ZUMBA		
20:00	SPORTCYCLE BARRAS	MINI TRAMP SPORTCYCLE	SPORTCYCLE BARRAS	MINI TRAMP SPORTCYCLE	SPORTCYCLE BARRAS		