

# HORARIOS DE ACTIVIDADES

| HS.   | LUNES  | MARTES                            | MIERCOLES                                      | JUEVES                            | VIERNES                                    | SÁBADO     | DOMINGO |
|-------|--|-----------------------------------|--|-----------------------------------|--|------------|---------|
| 07:30 | SPORTCYCLE                                     | GAP                               | SPORTCYCLE                                     | GAP                               | SPORTCYCLE                                 |            |         |
| 08:30 | LOCAL MIX                                      | SPORTCYCLE                        | LOCAL MIX                                      | SPORTCYCLE                        | LOCAL MIX                                  |            |         |
| 10:00 | YOGA   |                                   | YOGA   |                                   | PILATES MAT                                |            |         |
| 11:30 |  |                                   |  |                                   |  | SPORTCYCLE |         |
| 12:30 |  |                                   |  |                                   |  | ZUMBA      |         |
| 13:00 | SPORT<br>FUNCTIONAL<br>SPORTCYCLE<br>LOCAL MIX | SPORTCYCLE<br>SPORT<br>FUNCTIONAL | SPORTCYCLE<br>LOCAL MIX<br>SPORT<br>FUNCTIONAL | SPORTCYCLE<br>SPORT<br>FUNCTIONAL |  |            |         |
| 14:00 |  |                                   |  |                                   | SPORT<br>FUNCTIONAL                        |            |         |
| 18:15 | ZUMBA<br>SPORT<br>FUNCTIONAL<br>SPORTCYCLE     | BODY COMBAT                       | ZUMBA<br>SPORT<br>FUNCTIONAL<br>SPORTCYCLE     | BODY COMBAT                       | ZUMBA<br>SPORT<br>FUNCTIONAL<br>SPORTCYCLE |            |         |
| 18:30 |  | SPORTCYCLE                        |  | SPORTCYCLE                        |  |            |         |
| 19:00 | TALLER DE<br>ABDOMINALES                       | POWER LOCAL                       | TALLER DE<br>ABDOMINALES                       | POWER LOCAL                       | TALLER DE<br>ABDOMINALES                   |            |         |
| 19:30 | RITMOS<br>LATINOS                              | SPORTCYCLE                        | RITMOS<br>LATINOS                              | SPORTCYCLE                        | RITMOS<br>LATINOS                          |            |         |
| 20:00 |  | BOX TRAINING                      |  | BOX TRAINING                      |  |            |         |
| 20:30 | SPORT<br>FUNCTIONAL                            |                                   | SPORT<br>FUNCTIONAL                            |                                   | SPORT<br>FUNCTIONAL                        |            |         |