

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	TALLER SPORT FUNCTIONAL 30"	TALLER SPORT FUNCTIONAL 30"	TALLER SPORT FUNCTIONAL 30"	TALLER SPORT FUNCTIONAL 30"	TALLER SPORT FUNCTIONAL 30"		
08:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
08:30		SPORTCYCLE		SPORTCYCLE			
09:00	LOCALIZADA		LOCALIZADA		LOCALIZADA		
09:30		STRETCHING		STRETCHING			
10:00	TALLER SPORT FUNCTIONAL 30"		TALLER SPORT FUNCTIONAL 30"		TALLER SPORT FUNCTIONAL 30"		
12:30		SPORTCYCLE		SPORTCYCLE			
13:00	SPORTCYCLE	PILATES MAT	SPORTCYCLE	PILATES MAT	SPORTCYCLE		
14:00	SPORT FUNCTIONAL	TALLER SPORT FUNCTIONAL 30"	SPORT FUNCTIONAL	TALLER SPORT FUNCTIONAL 30"	SPORT FUNCTIONAL		
18:00	LOCAL MIX TRAINING	ZUMBA	LOCAL MIX TRAINING	ZUMBA	LOCAL MIX TRAINING		
18:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
19:00	FIGHT DO	AERO LOCAL	FIGHT DO	AERO LOCAL	FIGHT DO		
19:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
20:00	HIIT		HIIT		HIIT		
20:15		YOGA		YOGA			