

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		SPORT FUNCTIONAL		SPORT FUNCTIONAL			
08:30	SPORTCYCLE	LOCALIZADA	SPORTCYCLE	LOCALIZADA	SPORTCYCLE		
09:00	YOGA				YOGA		
09:30		STRETCHING		STRETCHING			
10:00	ZUMBA		ZUMBA		ZUMBA	ZUMBA	
11:00						SPORTCYCLE	
12:00						SPORT FUNCTIONAL	
13:30	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
18:00	SPORT FUNCTIONAL	GAP	SPORT FUNCTIONAL	GAP	SPORT FUNCTIONAL		
19:00	TALLER DE ABDOMINALES ZUMBA	TALLER DE ABDOMINALES SPORTCYCLE	TALLER DE ABDOMINALES ZUMBA	TALLER DE ABDOMINALES SPORTCYCLE	TALLER DE ABDOMINALES ZUMBA STRONG		
19:30	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL			
20:00	YOGA SPORTCYCLE	BODY PUMP	SPORTCYCLE YOGA	BODY PUMP	YOGA SPORTCYCLE		