

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE		
09:00	GAP STRONG	SPORTCYCLE	GAP STRONG	SPORTCYCLE	GAP STRONG		
10:00						SPORT FUNCTIONAL SPORTCYCLE	
11:00		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES			
12:00	FUNCTIONAL ABS	SPORTCYCLE	FUNCTIONAL ABS	SPORTCYCLE	FUNCTIONAL ABS		
12:30	TRX FUNCTIONAL		TRX FUNCTIONAL		TRX FUNCTIONAL		
13:00	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE		
17:00						SPORTCYCLE	
18:00	SPORT FUNCTIONAL	SPORT FUNCTIONAL	BODY COMBAT	SPORT FUNCTIONAL	BODY COMBAT	HIIT	
19:00	FUNCTIONAL ABS SPORTCYCLE	TALLER DE ABDOMINALES SPORTCYCLE	FUNCTIONAL ABS SPORTCYCLE	TALLER DE ABDOMINALES SPORTCYCLE	FUNCTIONAL ABS SPORTCYCLE		
19:30		HIIT		HIIT			
20:00	SPORTCYCLE SPORT FUNCTIONAL	SPORT FUNCTIONAL SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE SPORT FUNCTIONAL	SPORT FUNCTIONAL SPORTCYCLE		
21:00	TRX FUNCTIONAL	ZUMBA	TRX FUNCTIONAL	ZUMBA	TRX FUNCTIONAL		