

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	TULUKA SPORTCYCLE ZUMBA	SPORT FUNCTIONAL RITMOS LATINOS	SPORTCYCLE ZUMBA TULUKA	SPORT FUNCTIONAL RITMOS LATINOS	ZUMBA SPORTCYCLE TULUKA		
09:00	SPORT FUNCTIONAL	LOCALIZADA SPORTCYCLE	SPORT FUNCTIONAL	LOCALIZADA SPORTCYCLE	SPORT FUNCTIONAL	LOCALIZADA	
10:00	AQUA GYM	YOGA	AQUA GYM	YOGA		SPORT FUNCTIONAL YOGA	
10:30						SPORTCYCLE	
11:00						ZUMBA	
11:30						SPORTCYCLE AQUA GYM	
12:00						ABDOMINALES	
12:30						STRETCHING	
13:30		TULUKA		TULUKA			
14:30	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE			
16:00		AQUA GYM		AQUA GYM			
17:00	ABDOMINALES		PILATES MAT		ABDOMINALES		
17:30	STRETCHING				STRETCHING		
18:00	GAP YOGA	BOX TRAINING POWER LOCAL	GAP	POWER LOCAL BOX TRAINING	YOGA GAP	ZUMBA SPORT FUNCTIONAL	
19:00	BODY COMBAT TULUKA SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL YOGA	TULUKA BODY COMBAT SPORTCYCLE	YOGA SPORTCYCLE SPORT FUNCTIONAL	TULUKA BODY COMBAT SPORTCYCLE		
20:00	TULUKA SPORTCYCLE BODY PUMP	SPORTCYCLE TULUKA ZUMBA	SPORTCYCLE BODY PUMP TULUKA	SPORTCYCLE TULUKA ZUMBA	BODY PUMP TULUKA		
21:00	YOGA TULUKA	BODY ATTACK TULUKA	TULUKA	BODY ATTACK TULUKA	TULUKA		