

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30		SPORTCYCLE		SPORTCYCLE			
08:30	FUNCTIONAL	YOGA	FUNCTIONAL	YOGA	FUNCTIONAL		
09:30	BE POWER	SPORTCYCLE & ABD	BE POWER	SPORTCYCLE & ABD	BE POWER		
10:30						SPORTCYCLE	
12:30						LOCALIZADA	
13:15	SPORTCYCLE FUNCTIONAL	SPORTCYCLE FUNCTIONAL	SPORTCYCLE FUNCTIONAL	SPORTCYCLE FUNCTIONAL	FUNCTIONAL SPORTCYCLE		
14:30		STRETCHING		STRETCHING			
18:15	STRETCHING SPORTCYCLE	SPORTCYCLE	SPORTCYCLE STRETCHING	SPORTCYCLE	SPORTCYCLE STRETCHING		
19:15	SPORTCYCLE BE POWER	RITMOS LATINOS SPORTCYCLE	BE POWER SPORTCYCLE	SPORTCYCLE RITMOS LATINOS	SPORTCYCLE BE POWER		
20:15	FUNCTIONAL SPORTCYCLE	SPORTCYCLE FUNCTIONAL	FUNCTIONAL SPORTCYCLE	FUNCTIONAL SPORTCYCLE	FUNCTIONAL SPORTCYCLE		