

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30	ALL LEVEL	ALL LEVEL	ALL LEVEL	ALL LEVEL	ALL LEVEL		
08:30	FUNCTIONAL ALL LEVEL SPORTCYCLE	STRONG ALL LEVEL	FUNCTIONAL ALL LEVEL SPORTCYCLE	STRONG ALL LEVEL	FUNCTIONAL ALL LEVEL SPORTCYCLE		
09:00	POWER LOCAL	SPORTCYCLE	POWER LOCAL	SPORTCYCLE	POWER LOCAL		
09:30	ALL LEVEL	ALL LEVEL	ALL LEVEL	ALL LEVEL	ALL LEVEL	ALL LEVEL	
10:00	STRETCHING	ZUMBA	STRETCHING	ZUMBA	STRETCHING	ZUMBA	
10:30	ALL LEVEL	ALL LEVEL	ALL LEVEL	ALL LEVEL	ALL LEVEL	ALL LEVEL	
11:00						100% CORE SPORTCYCLE	
16:30						ALL LEVEL FUNCTIONAL	
17:30	FUNCTIONAL ALL LEVEL	ALL LEVEL	FUNCTIONAL ALL LEVEL	ALL LEVEL	FUNCTIONAL ALL LEVEL	ALL LEVEL	
18:30	ALL LEVEL	POWER LOCAL ALL LEVEL	ALL LEVEL	POWER LOCAL ALL LEVEL	ALL LEVEL		
19:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
19:30	FUNCTIONAL ALL LEVEL	ZUMBA ALL LEVEL SPORTCYCLE	FUNCTIONAL ALL LEVEL	ALL LEVEL SPORTCYCLE ZUMBA	FUNCTIONAL ALL LEVEL		
20:00	STRETCHING						
20:30	ALL LEVEL	ALL LEVEL 100% CORE	ALL LEVEL	ALL LEVEL 100% CORE	ALL LEVEL		