

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30	CROSS TRAINING FUNCTIONAL		CROSS TRAINING FUNCTIONAL		CROSS TRAINING FUNCTIONAL		
08:30	SPORTCYCLE FUNCTIONAL CROSS TRAINING	STRETCHING FUNCTIONAL	SPORTCYCLE FUNCTIONAL CROSS TRAINING	STRETCHING FUNCTIONAL	SPORTCYCLE FUNCTIONAL CROSS TRAINING		
09:00	ZUMBA		ZUMBA				
09:30		ZUMBA FUNCTIONAL		ZUMBA FUNCTIONAL			
10:00	FIT GIRLS		FIT GIRLS		FIT GIRLS	FUNCTIONAL CROSS TRAINING ZUMBA	
10:30		FUNCTIONAL CROSS TRAINING		FUNCTIONAL CROSS TRAINING		BOXEO RECREATIVO	
11:00						CROSS TRAINING FUNCTIONAL	
15:00	SPORT FUNCTIONAL CROSS TRAINING	SPORT FUNCTIONAL CROSS TRAINING	SPORT FUNCTIONAL CROSS TRAINING	CROSS TRAINING SPORT FUNCTIONAL	CROSS TRAINING SPORT FUNCTIONAL		
16:00	CROSS TRAINING SPORT FUNCTIONAL	CROSS TRAINING FUNCTIONAL	CROSS TRAINING SPORT FUNCTIONAL	CROSS TRAINING FUNCTIONAL	CROSS TRAINING		
17:00					ZUMBA		
18:00	CROSS TRAINING CROSS TRAINING ZUMBA	FUNCTIONAL ZUMBA	CROSS TRAINING ZUMBA	FUNCTIONAL ZUMBA	CROSS TRAINING CROSS TRAINING		
18:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
19:00	LOCALIZADA CROSS TRAINING	FUNCTIONAL BODY BARS	LOCALIZADA CROSS TRAINING	BODY BARS FUNCTIONAL	CROSS TRAINING LOCALIZADA		
19:30	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
20:00	CROSS TRAINING	SPORTCYCLE CROSSFIT BOXEO RECREATIVO ZUMBA	CROSS TRAINING	CROSS TRAINING BOXEO RECREATIVO SPORTCYCLE ZUMBA	CROSS TRAINING		