

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMIN
07:15	HIIT		HIIT		HIIT		
08:00		SPORTCYCLE		SPORTCYCLE			
08:15	SPORTCYCLE SPORTFUNCTIONAL		SPORTCYCLE SPORTFUNCTIONAL		SPORTCYCLE SPORTFUNCTIONAL		
09:15						SPORTCYCLE	
10:15		YOGA		YOGA		BLOQUE ABDOMINALES	
11:15						YOGA	
12:15	GAP		GAP		GAP		
17:00		RITMOS LATINOS		RITMOS LATINOS			
18:15	SPORTFUNCTIONAL ZUMBA	STRETCHING SPORTFUNCTIONAL	ZUMBA	STRETCHING SPORTFUNCTIONAL	ZUMBA		
19:00		RUNNING		RUNNING			
19:15	SPORTCYCLE BODY PUMP	STRONG BY ZUMBA	SPORTCYCLE BODY PUMP	STRONG BY ZUMBA	SPORTCYCLE BODY PUMP		
20:15	YOGA		YOGA				