

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	LOCALIZADA	GAP	LOCALIZADA	GAP	LOCALIZADA		
09:00	STRETCHING	SPORTCYCLE FREEDANCE	STRETCHING	SPORTCYCLE FREEDANCE	STRETCHING	SPORTCYCLE	
10:00	FUNCTIONAL ZUMBA	YOGA FUNCTIONAL	FUNCTIONAL ZUMBA	YOGA FUNCTIONAL	FUNCTIONAL ZUMBA	LOCALIZADA SPORTCYCLE ABDOMINALES OUTDOOR	
11:00	LOCAL POWER		LOCAL POWER		LOCAL POWER	ZUMBA	
12:00						YOGA	
14:00			COREOGRAFÍA				
15:00		ZUMBA		ZUMBA			
17:00	PILATES	GAP	PILATES	GAP	PILATES		
18:00	SPORTCYCLE FUNCTIONAL	UBOUND FUNCTIONAL SPORTCYCLE	SPORTCYCLE FUNCTIONAL	FUNCTIONAL UBOUND SPORTCYCLE	SPORTCYCLE FUNCTIONAL		
19:00	SPORTCYCLE	SPORTCYCLE LOCAL POWER RUNNING	SPORTCYCLE	SPORTCYCLE LOCAL POWER RUNNING	SPORTCYCLE		
20:00	ZUMBA		ZUMBA		ZUMBA		

