

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	POWER LOCAL	TRIATLON	POWER LOCAL	TRIATLON	SPORTCYCLE		
08:15	SPORTCYCLE		SPORTCYCLE				
08:45				SPORTCYCLE OUTDOOR			
09:00	LOCALIZADA	POWER LOCAL OUTDOOR SPORTCYCLE	LOCALIZADA	POWER LOCAL OUTDOOR	LOCALIZADA	YOGA	
10:00	PILATES MAT	STRETCHING	PILATES MAT	STRETCHING OUTDOOR	PILATES MAT	TRIATLON	
10:30						SPORTFUNCTIONAL OUTDOOR	
11:00		ZUMBA		ZUMBA		COREOGRAFÍA CALISTENIA	
11:30						SPORTCYCLE	
12:00	FUNCTIONAL OUTDOOR GAP OUTDOOR	BOXEO RECREATIVO OUTDOOR	GAP OUTDOOR FUNCTIONAL OUTDOOR	BOXEO RECREATIVO OUTDOOR	FUNCTIONAL OUTDOOR		
12:30						CONTEMPORÁNEO	
13:00	YOGA SPORTCYCLE	LOCALIZADA	YOGA SPORTCYCLE	LOCALIZADA	YOGA		
14:00		STRETCHING		STRETCHING			
15:30			CONTEMPORÁNEO ENERGY MOVEMENT				
17:00		YOGA	SPORTFUNCTIONAL OUTDOOR	YOGA	SPORTFUNCTIONAL OUTDOOR		
18:00	TRIATLON SPORTCYCLE BOXEO RECREATIVO OUTDOOR CARDIO MIX	SPORTCYCLE BODY PUMP	SPORTCYCLE TRIATLON BOXEO RECREATIVO OUTDOOR CARDIO MIX	SPORTCYCLE BODY PUMP	BOXEO RECREATIVO OUTDOOR SPORTCYCLE TRIATLON		
18:15	STRECH & MOBILITY	CALISTENIA	STRECH & MOBILITY	CALISTENIA			
19:00	GAP OUTDOOR POWER HIIT OUTDOOR	BODY COMBAT SPORTCYCLE	SPORTCYCLE GAP OUTDOOR POWER HIIT OUTDOOR	SPORTCYCLE OUTDOOR BODY COMBAT	POWER HIIT OUTDOOR SPORTCYCLE		
19:45		YOGA		YOGA			
20:00	YOGA		YOGA				
20:15					YOGA		