

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
09:00	SPINNING	FUNCTIONAL	SPINNING	FUNCTIONAL	SPINNING		
10:00	FUNCTIONAL	YOGA		STRETCHING		FUNCTIONAL SPINNING	
11:00						KANGOO JUMPS	
12:00						STRETCHING	
16:00						SPINNING	
17:00		FUNCTIONAL		FUNCTIONAL			
18:00	FUNCTIONAL		FUNCTIONAL		BOXEO FUNCTIONAL		
19:00	FUNCTIONAL KICK BOXING KANGOO JUMPS SPINNING	BOXEO SPINNING	KICK BOXING FUNCTIONAL SPINNING KANGOO JUMPS	BOXEO SPINNING	KICK BOXING FUNCTIONAL SPINNING KANGOO JUMPS		
20:00	CROSSFIT BODY PUMP	TAE BO CROSSFIT BOXEO	CROSSFIT BODY PUMP	TAE BO CROSSFIT BOXEO	BODY PUMP CROSSFIT		
20:15	SPINNING		SPINNING		SPINNING		