

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		PUMP		PUMP			
08:30	LOCAL		LOCAL		LOCAL		
09:00		YOGA		YOGA			
09:30	CYCLE		CYCLE		CYCLE	YOGA	
10:00			CAMINATA		CAMINATA		
14:30		FUNCTIONAL		FUNCTIONAL			
15:30		CYCLE		CYCLE			
16:00	ZUMBA		ZUMBA		ZUMBA		
17:00	GAM	GAP	GAM	GAP			
18:00	CYCLE FUNCTIONAL BODY PUMP	TABATA POWER	CYCLE FUNCTIONAL BODY PUMP	TABATA POWER	CYCLE FUNCTIONAL BODY PUMP	CYCLE	
18:30		YOGA		YOGA			
19:00	CYCLE LOCAL ATTACK CROSSFIT	FUNCTIONAL ZUMBA	CYCLE LOCAL ATTACK CROSSFIT	FUNCTIONAL ZUMBA	CYCLE CROSSFIT LOCAL ATTACK	BODY PUMP	
20:00	CROSSFIT BODY PUMP	ABD30'	CROSSFIT BODY PUMP	ABD30'	CROSSFIT BODY PUMP		