

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		GAP SPORTCYCLE		GAP SPORTCYCLE			
08:30	POWER FIT SPORTCYCLE		POWER FIT SPORTCYCLE		POWER FIT SPORTCYCLE		
09:00		PILATES		PILATES			
09:30	BOX TRAINNING YOGA		YOGA BOX TRAINNING		YOGA BOX TRAINNING		
10:00		STRETCHING		STRETCHING		ZUMBA	
10:30	ZUMBA		ZUMBA		ZUMBA		
11:00						SPORTCYCLE POWER	
12:00						STRETCHING	
13:30	SPORTCYCLE SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE		
14:30		YOGA		YOGA			
15:00			SPORT FUNCTIONAL				
18:00	SPORT FUNCTIONAL ZUMBA	SPORT FUNCTIONAL PILATES	ZUMBA SPORT FUNCTIONAL	SPORT FUNCTIONAL PILATES	GAP ENTRENAMIENTO FUNCIONAL		
19:00	SPORTCYCLE GAP SPORT FUNCTIONAL	SPORTCYCLE AERO BOX TALLER DE ABDOMINALES	SPORT FUNCTIONAL SPORTCYCLE GAP	AERO BOX TALLER DE ABDOMINALES SPORTCYCLE	ZUMBA SPORTCYCLE		
19:30		TALLER DE ESTIRAMIENTO		TALLER DE ESTIRAMIENTO			
20:00	SPORTCYCLE BOX TRAINNING	SPORTCYCLE POWER TALLER DE ABDOMINALES	SPORTCYCLE BOX TRAINNING	TALLER DE ABDOMINALES POWER SPORTCYCLE			