

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	TULUKA						
07:15		HIIT		HIIT			
08:00	TULUKA SPORTCYCLE	TULUKA SPORTCYCLE	SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE	SPORTCYCLE		
09:00	SPORT FUNCTIONAL AERO LOCAL	STRETCHING	SPORT FUNCTIONAL STRETCHING	STRETCHING	SPORT FUNCTIONAL AERO LOCAL		
10:00		YOGA				YOGA	
11:00						SPORTCYCLE	
12:00	TULUKA						
12:15						ROWING CLASS	
13:00	BODY PUMP	ROWING CLASS	BODY PUMP	ROWING CLASS	BODY PUMP	TALLER DE ABDOMINALES	
14:00	SPORTCYCLE	BODY PUMP	SPORTCYCLE	BODY PUMP	SPORTCYCLE		
15:00		ZUMBA		ZUMBA			
16:00						ZUMBA	
17:00	ZUMBA SPORT FUNCTIONAL	GAP	ZUMBA	SPORT FUNCTIONAL	YOGA	BODY PUMP	
18:00	AERO LOCAL TULUKA	STRETCHING TULUKA	TULUKA AERO LOCAL TULUKA	STRETCHING TULUKA	TULUKA TULUKA GAP	SPORTCYCLE	
19:00	TULUKA SPORTCYCLE POWER JUMP	TULUKA BODY PUMP SPORTCYCLE	TULUKA SPORTCYCLE POWER JUMP	TULUKA SPORTCYCLE BODY PUMP	TULUKA MIX DANCE SPORTCYCLE	SPORT FUNCTIONAL	
20:00	BODY COMBAT TULUKA SPORTCYCLE	TULUKA ZUMBA SPORTCYCLE	TULUKA BODY COMBAT SPORTCYCLE	KANGOO POWER SPORTCYCLE TULUKA	SPORT FUNCTIONAL SPORTCYCLE		
21:00	TALLER DE ABDOMINALES	ROWING CLASS	TALLER DE ABDOMINALES	ROWING CLASS	TALLER DE ABDOMINALES		