

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	BODY PUMP		BODY PUMP		BODY PUMP		
08:30	SPORTCYCLE	SPORTFUNCTIONAL	SPORTCYCLE	SPORTFUNCTIONAL	SPORTCYCLE		
09:00	LOCALIZADA		LOCALIZADA		LOCALIZADA		
09:30						SPORTCYCLE SPORTFUNCTIONAL	
10:30		YOGA		YOGA		RITMOS RECREATIVOS	
11:00	STRETCHING		STRETCHING		STRETCHING		
11:30						LOCALIZADA	
12:30						STRETCHING	
13:30						SPORTCYCLE	
17:30	LOCALIZADA	SPORTFUNCTIONAL	LOCALIZADA	SPORTFUNCTIONAL	LOCALIZADA		
18:30	SPORTFUNCTIONAL SPORTCYCLE	STRETCHING RITMOS RECREATIVOS	SPORTFUNCTIONAL SPORTCYCLE	STRETCHING RITMOS RECREATIVOS	SPORTFUNCTIONAL SPORTCYCLE		
19:30	SPORTCYCLE SPORTFUNCTIONAL	PILATES SPORTFUNCTIONAL	SPORTCYCLE SPORTFUNCTIONAL	SPORTFUNCTIONAL PILATES	SPORTFUNCTIONAL SPORTCYCLE		
20:30	SPORTFUNCTIONAL		SPORTFUNCTIONAL		SPORTFUNCTIONAL		