

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	LOCALIZADA	SPORTCYCLE	LOCALIZADA	SPORTCYCLE	LOCALIZADA		
09:00	SPORTCYCLE SPORT FUNCTIONAL	AQUA GYM POWER LOCAL	SPORTCYCLE SPORT FUNCTIONAL	AQUA GYM POWER LOCAL	SPORTCYCLE SPORT FUNCTIONAL		
10:00	AQUA GYM 100% ABDOMINALES STRETCHING	YOGA	AQUA GYM 100% ABDOMINALES STRETCHING	YOGA	AQUA GYM 100% ABDOMINALES STRETCHING	ZUMBA SPORTCYCLE	
11:00						X55	
11:30						ZUMBA	
12:00						YOGA	
14:30	POWER LOCAL		POWER LOCAL		POWER LOCAL		
17:00	HARD TRAINING		HARD TRAINING		HARD TRAINING		
18:00	BODY PUMP	AQUA GYM ZUMBA	BODY PUMP	AQUA GYM ZUMBA	BODY PUMP		
19:00	SPORTCYCLE ZUMBA	POWER JUMP SPORTCYCLE	SPORTCYCLE ZUMBA	SPORTCYCLE POWER JUMP	SPORTCYCLE ZUMBA		
20:00	SPORT FUNCTIONAL SPORTCYCLE	BODY PUMP	SPORTCYCLE SPORT FUNCTIONAL	BODY PUMP	SPORTCYCLE SPORT FUNCTIONAL		
21:00	BOX TRAINING	YOGA	BOX TRAINING	YOGA	BOX TRAINING		