

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	TULUKA		TULUKA		TULUKA		
08:00	SPORTCYCLE	SPORTFUNCTIONAL SPORTCYCLE	SPORTCYCLE	SPORTFUNCTIONAL SPORTCYCLE	SPORTCYCLE		
09:00	BODY COMBAT ROWING CLASS	TULUKA BODY PUMP	BODY COMBAT ROWING CLASS	BODY PUMP TULUKA	BODY COMBAT ROWING CLASS		
10:00	BODY PUMP SPORTFUNCTIONAL		POWER LOCAL SPORTFUNCTIONAL		BODY PUMP SPORTFUNCTIONAL		
11:00		YOGA		YOGA		SPORTCYCLE LOCALIZADA SPORTFUNCTIONAL	
12:00						YOGA	
14:00	ZUMBA		ZUMBA		ZUMBA		
16:30		AQUA GYM		AQUA GYM			
17:00	TULUKA	TULUKA	TULUKA	TULUKA	TULUKA		
18:00	ROWING CLASS POWER JUMP	SPORTFUNCTIONAL SPORTFUNCTIONAL POWER LOCAL	ROWING CLASS POWER JUMP	SPORTFUNCTIONAL SPORTFUNCTIONAL POWER LOCAL	POWER JUMP ROWING CLASS		
19:00	POWER LOCAL SPORTCYCLE YOGA SPORTFUNCTIONAL	ZUMBA YOGA SPORTCYCLE SPORTFUNCTIONAL	SPORTCYCLE POWER LOCAL YOGA SPORTFUNCTIONAL	ZUMBA YOGA SPORTFUNCTIONAL SPORTCYCLE	YOGA SPORTFUNCTIONAL SPORTCYCLE POWER LOCAL		
20:00	SPORTCYCLE BODY COMBAT SPORTFUNCTIONAL	STRETCHING BODY PUMP SPORTCYCLE	BODY COMBAT SPORTFUNCTIONAL SPORTCYCLE	STRETCHING BODY PUMP SPORTCYCLE	SPORTCYCLE BODY COMBAT SPORTFUNCTIONAL		
21:00	SPORTFUNCTIONAL SPORTCYCLE	TULUKA	SPORTFUNCTIONAL SPORTCYCLE	TULUKA	SPORTFUNCTIONAL SPORTCYCLE		