

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	POWER LOCAL	SPORTCYCLE	POWER LOCAL	SPORTCYCLE	POWER LOCAL		
09:00	SPORT FUNCTIONAL STRETCHING	POWER LOCAL	SPORT FUNCTIONAL STRETCHING	POWER LOCAL	STRETCHING SPORT FUNCTIONAL		
10:00	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	YOGA	
11:30						100% ABDOMINALES	
12:00						SPORTCYCLE BODY COMBAT	
13:30						STRETCHING	
18:00	SPORTCYCLE KROPP 3D	YOGA	KROPP 3D SPORTCYCLE	YOGA	KROPP 3D	BODY PUMP	
18:30					SPORTCYCLE		
19:00	SPORTCYCLE ZUMBA BOXEO RECREATIVO	SPORT FUNCTIONAL SPORTCYCLE STRETCHING	BOXEO ZUMBA SPORTCYCLE	SPORTCYCLE STRETCHING SPORT FUNCTIONAL	ZUMBA BOXEO RECREATIVO		
20:00	BODY PUMP SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE BODY COMBAT	BODY PUMP SPORT FUNCTIONAL SPORTCYCLE	BODY COMBAT SPORTCYCLE	BODY PUMP SPORT FUNCTIONAL		
20:30		100% ABDOMINALES		100% ABDOMINALES			
21:00	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP			