

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	100% ABDOMINALES	FIGHT DO	100% ABDOMINALES	FIGHT DO	100% ABDOMINALES		
07:30	SPORTCYCLE LOCALIZADA INT.	SPORTCYCLE	SPORTCYCLE LOCALIZADA INT.	SPORTCYCLE	SPORTCYCLE LOCALIZADA INT.		
08:15	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE HIIT		
12:00	LOCALIZADA INT.	HIIT	LOCALIZADA INT.	HIIT	LOCALIZADA INT.		
12:30	SPORTCYCLE TALLER DE ESTIRAMIENTO	SPORT FUNCTIONAL	SPORTCYCLE TALLER DE ESTIRAMIENTO	SPORT FUNCTIONAL	TALLER DE ESTIRAMIENTO SPORTCYCLE		
12:45	ZUMBA		ZUMBA		ZUMBA		
13:00	ABDOMINALES		ABDOMINALES		ABDOMINALES		
13:15	SPORTCYCLE	FIGHT DO SPORTCYCLE	SPORTCYCLE	FIGHT DO SPORTCYCLE	SPORTCYCLE		
13:30	YOGA HIIT		HIIT YOGA		HIIT YOGA		
14:00		SPORTCYCLE STRETCHING		STRETCHING SPORTCYCLE			
14:15	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
18:30	SPORTCYCLE INTERVAL TRAINING	SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE INTERVAL TRAINING	SPORTCYCLE SPORT FUNCTIONAL	HIIT SPORTCYCLE		
19:00					SPORTCYCLE HARD TRAINING		
19:15	TALLER GAP	ZUMBA	TALLER GAP	ZUMBA			
19:30	SPORTCYCLE		SPORTCYCLE				
19:45	ABDOMINAL POWER		ABDOMINAL POWER				
20:00	STRETCHING	YOGA	STRETCHING	YOGA			