

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	LIBRE	LIBRE	LIBRE	LIBRE	LIBRE		
07:30	SPORTCYCLE EXPRESS	SPORT FUNCTIONAL SPORTCYCLE	SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE	SPORTCYCLE		
08:15	BOX TRAINNING 100% ABDOMINALES		100% ABDOMINALES BOX TRAINNING		BOX TRAINNING 100% ABDOMINALES		
08:30		100% ABDOMINALES		100% ABDOMINALES			
12:30	SPORT FUNCTIONAL	LOCAL MIX TRAINING	SPORT FUNCTIONAL	LOCAL MIX TRAINING	SPORT FUNCTIONAL		
13:00	MÉTODO DE ROSE	PILATES MAT	MÉTODO DE ROSE	PILATES MAT	MÉTODO DE ROSE	POWER JUMP	
13:15	SPORTCYCLE	GAP SPORTCYCLE	SPORTCYCLE	GAP SPORTCYCLE	SPORTCYCLE		
13:30	100% ABDOMINALES ZUMBA	100% ABDOMINALES	100% ABDOMINALES ZUMBA	100% ABDOMINALES	ZUMBA 100% ABDOMINALES		
13:45		STRETCHING		STRETCHING			
18:00	BODY PUMP	POWER JUMP	BODY PUMP	POWER JUMP	BODY PUMP		
18:15		HIIT SPORTCYCLE		SPORTCYCLE HIIT			
18:30	RITMOS LATINOS SPORTCYCLE		SPORTCYCLE ZUMBA		RITMOS LATINOS SPORTCYCLE		
19:00	LOCALIZADA	SPORT FUNCTIONAL CXWORX	LOCALIZADA	SPORT FUNCTIONAL CXWORX	LOCALIZADA		
19:30	BOX TRAINNING YOGA 100% ABDOMINALES	BODY COMBAT 100% ABDOMINALES	BOX TRAINNING 100% ABDOMINALES YOGA	100% ABDOMINALES BODY COMBAT	YOGA 100% ABDOMINALES BOX TRAINNING		