

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMIN
08:00	SPORTCYCLE SPORTFUNCTIONAL		SPORTFUNCTIONAL SPORTCYCLE		SPORTFUNCTIONAL SPORTCYCLE		
09:30	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES		
13:15	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES		
17:30	BODY PUMP	SPORTCYCLE	BODY PUMP	SPORTCYCLE	BODY PUMP		
17:45	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES		
18:00	BOX TRAINNING	STRETCHING	BOX TRAINNING	STRETCHING	BOX TRAINNING		
18:30	POWER JUMP		POWER JUMP		POWER JUMP		
19:00	YOGA	SPORTFUNCTIONAL	YOGA	SPORTFUNCTIONAL			