

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:45		SPORTCYCLE		SPORTCYCLE			
08:30		SPORTFUNCTIONAL		SPORTFUNCTIONAL			
09:00	GAP SPORTCYCLE	PILATES MAT	GAP SPORTCYCLE	PILATES MAT	GAP SPORTCYCLE		
10:00		STRETCHING		STRETCHING		YOGA	
10:15	YOGA		YOGA		YOGA		
10:30						SPORTFUNCTIONAL	
11:00						SPORTCYCLE	
12:00						LOCALIZADA SPORTCYCLE	
12:30	SPORTFUNCTIONAL	SPORTFUNCTIONAL	SPORTFUNCTIONAL	SPORTFUNCTIONAL	SPORTFUNCTIONAL		
13:00		SPORTCYCLE		SPORTCYCLE			
13:15						STRETCHING	
13:30	ZUMBA		ZUMBA		ZUMBA		
15:00	YOGA		YOGA		YOGA		
18:00	LOCALIZADA TULUKA BOXING SPORTCYCLE	SPORTCYCLE FIGHT DO	LOCALIZADA TULUKA BOXING SPORTCYCLE	SPORTCYCLE FIGHT DO	SPORTCYCLE LOCALIZADA TULUKA BOXING		
19:00	TULUKA BOXING SPORTCYCLE RITMOS LATINOS	SPORTCYCLE	TULUKA BOXING RITMOS LATINOS SPORTCYCLE	SPORTCYCLE	RITMOS LATINOS TULUKA BOXING SPORTCYCLE		
19:30		100% ABDOMINALES BODY PUMP		BODY PUMP 100% ABDOMINALES			
20:00	SPORTCYCLE BODY PUMP	SPORTFUNCTIONAL	BODY PUMP SPORTCYCLE	SPORTFUNCTIONAL	BODY PUMP		