

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		HIIT		HIIT			
08:15	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
08:45	BODY PUMP		BODY PUMP		BODY PUMP		
09:15	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
10:00	YOGA		YOGA		YOGA		
11:00						ABDOMINALES BODY ATTACK	
11:30						SPORTCYCLE	
12:00		LOCALIZADA		LOCALIZADA			
13:00	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	LOCALIZADA	
14:00						PILATES MAT	
18:00		STRETCHING SPORTCYCLE		STRETCHING SPORTCYCLE			
18:30	SPORTCYCLE ZUMBA		ZUMBA SPORTCYCLE		ZUMBA SPORTCYCLE		
19:00		BODY PUMP ABDOMINALES		ABDOMINALES BODY PUMP			
19:30	BODY PUMP SPORTCYCLE		BODY PUMP SPORTCYCLE		BODY PUMP SPORTCYCLE		
20:00	FUNCTIONAL ABS	SPORT FUNCTIONAL BODY ATTACK	FUNCTIONAL ABS	BODY ATTACK SPORT FUNCTIONAL	FUNCTIONAL ABS		
20:30	SPORT FUNCTIONAL POWER JUMP		SPORT FUNCTIONAL POWER JUMP		POWER JUMP SPORT FUNCTIONAL		
21:00		BODY COMBAT		BODY COMBAT			