

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMIN
08:00	SALIDAS A CORRER		SALIDAS A CORRER		SALIDAS A CORRER		
09:15	LOCALIZADA		LOCALIZADA		LOCALIZADA		
09:30						SPORTCYCLE	
10:00		YOGA					
10:15	STRETCHING		STRETCHING		STRETCHING		
10:30						HIIT	
11:00		YOGA		YOGA			
12:30	LOCALIZADA TULUKA	TULUKA	LOCALIZADA TULUKA	TULUKA	TULUKA LOCALIZADA	SPORTCYCLE	
13:30	SPORTFUNCTIONAL TULUKA	TULUKA	SPORTFUNCTIONAL TULUKA	TULUKA	SPORTFUNCTIONAL TULUKA		
15:00	YOGA		YOGA		YOGA		
16:30	TULUKA	TULUKA	TULUKA	TULUKA	TULUKA	TULUKA	
17:30	TULUKA	SPORTFUNCTIONAL TULUKA	TULUKA	TULUKA SPORTFUNCTIONAL	TULUKA	TULUKA TULUKA	
18:00		ZUMBA		ZUMBA		RITMOS LATINOS	
18:30	AERO BOX SPORTFUNCTIONAL TULUKA	HARD TRAINING TULUKA	AERO BOX SPORTFUNCTIONAL TULUKA	TULUKA HARD TRAINING	TULUKA SPORTFUNCTIONAL AERO BOX		
19:00		SPORTCYCLE		SPORTCYCLE			
19:30	TULUKA		TULUKA		TULUKA		
20:00		XTREME FUSION		XTREME FUSION			
20:30	TULUKA	TULUKA	TULUKA	TULUKA	TULUKA		