

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTCYCLE	ZUMBA	SPORTCYCLE	ZUMBA	SPORTCYCLE		
09:00	SPORT FUNCTIONAL LOCALIZADA	SPORTCYCLE	SPORT FUNCTIONAL LOCALIZADA	SPORTCYCLE	SPORT FUNCTIONAL LOCALIZADA		
10:00	YOGA	TALLER DE ABDOMINALES STRETCHING	YOGA	TALLER DE ABDOMINALES STRETCHING	YOGA	BODY PUMP	
11:00						BODY COMBAT SPORTCYCLE YOGA	
12:00	POWER LOCAL SPORTCYCLE	SPORTCYCLE	POWER LOCAL SPORTCYCLE	SPORTCYCLE	SPORTCYCLE POWER LOCAL		
12:15						ZUMBA	
12:45	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		
13:00		SPORT FUNCTIONAL		SPORT FUNCTIONAL			
15:00	ZUMBA	LOCALIZADA	ZUMBA	LOCALIZADA	ZUMBA		
17:00						SPORTCYCLE	
18:00	BODY ATTACK	LOCALIZADA ZUMBA	BODY ATTACK	LOCALIZADA ZUMBA	POWER JUMP ZUMBA	POWER JUMP	
18:30	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
18:45	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
19:00	LOCALIZADA STRETCHING	BODY ATTACK SPORT FUNCTIONAL POWER JUMP	LOCALIZADA STRETCHING	POWER JUMP SPORT FUNCTIONAL BODY ATTACK	LOCALIZADA STRETCHING	SH BAM BODY ATTACK	
19:15		SPORTCYCLE		SPORTCYCLE			
19:30	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		
20:00	SPORT FUNCTIONAL SPORTCYCLE BODY COMBAT RITMOS LATINOS	TALLER DE ABDOMINALES BODY PUMP YOGA	SPORT FUNCTIONAL SPORTCYCLE RITMOS LATINOS BODY COMBAT	BODY PUMP TALLER DE ABDOMINALES YOGA	BODY COMBAT SPORTCYCLE RITMOS LATINOS		
20:30		SPORTCYCLE		SPORTCYCLE			
21:00	POWER JUMP		POWER JUMP		POWER JUMP		