

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		YOGA		YOGA			
09:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
10:00						SPORTCYCLE	
11:00						ZUMBA	
12:00						YOGA	
14:00	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL		
16:00	ZUMBA		ZUMBA		ZUMBA		
17:30	PILATES MAT		PILATES MAT		PILATES/ STRETCHING		
18:00		SPORTCYCLE LOCALIZADA INT.		LOCALIZADA INT. SPORTCYCLE			
19:00	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE	SPINNING SPORT FUNCTIONAL		
20:00	SPORTCYCLE	SPORTCYCLE ZUMBA	SPORTCYCLE	SPORTCYCLE ZUMBA			
20:15	LOCALIZADA INT.		LOCALIZADA INT.				
20:30					BOXEO		
21:00	BOXEO	BOXEO					