

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	TULUKA	TULUKA	TULUKA	TULUKA	TULUKA		
07:45		SPORTCYCLE		SPORTCYCLE			
08:00	SPORT FUNCTIONAL JUMPING SPORTCYCLE	HIIT BOX YOGA TULUKA	SPORT FUNCTIONAL SPORTCYCLE TULUKA JUMPING	HIIT BOX TULUKA YOGA	SPORT FUNCTIONAL TULUKA SPORTCYCLE		
08:45		SPORTCYCLE		SPORTCYCLE			
09:00	TULUKA LOCALIZADA HIIT BOX	TULUKA LOCALIZADA	TULUKA LOCALIZADA HIIT BOX	TULUKA LOCALIZADA	TULUKA HIIT BOX FITDANCE		
09:30						YOGA	
10:00	PILATES/ STRETCHING	TULUKA	PILATES/ STRETCHING	TULUKA	PILATES/ STRETCHING	TULUKA	
10:30		SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL	
11:00			FITDANCE			LATINO TULUKA	
11:30						SPORTCYCLE HIIT BOX	
12:00						TULUKA LOCALIZADA	
13:00	BODY COMBAT	YOGA	FUNCTIONAL BOX	YOGA	BODY COMBAT	PILATES/ STRETCHING	
14:00	BODY PUMP		BODY PUMP		BODY PUMP	JUMPING	
14:30			CXWORX				
15:00						ZUMBA	
16:00						BODY COMBAT	
17:00	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL	BODY PUMP	
17:15		CXWORX		CXWORX			
17:30	TULUKA	TULUKA	TULUKA	TULUKA	TULUKA		
18:00	SPORTCYCLE LOCALIZADA	BODY COMBAT	LOCALIZADA SPORTCYCLE	BODY COMBAT	SPORTCYCLE FULL LOCAL	FITBOX EXTREME RIDE FITDANCE	
18:30	TULUKA	FITBOX SPORTCYCLE TULUKA	TULUKA	FITBOX SPORTCYCLE TULUKA	TULUKA		
19:00	SPORTCYCLE STRONG BY ZUMBA	BODY PUMP	SPORTCYCLE HIIT	BODY PUMP	SPORTCYCLE JUMPING		
19:30	TULUKA	SPORTCYCLE FITBOX TULUKA	TULUKA	SPORTCYCLE TULUKA FITBOX	TULUKA		

20:00	SPORTCYCLE SPORT FUNCTIONAL ZUMBA	100% ABDOMINALES SPORT FUNCTIONAL	SPORTCYCLE SPORT FUNCTIONAL ZUMBA	100% ABDOMINALES SPORT FUNCTIONAL	SPORTCYCLE SPORT FUNCTIONAL ZUMBA		
20:30	TULUKA	TULUKA FITBOX SPORTCYCLE LOCALIZADA	TULUKA	FITBOX SPORTCYCLE TULUKA LOCALIZADA	TULUKA		
21:00	HIIT BOX		HIIT BOX				