

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMIN
08:00	FULL TRAINING SPORTFUNCTIONAL SPORTCYCLE	SPORTFUNCTIONAL SPORTCYCLE	SPORTFUNCTIONAL FULL TRAINING SPORTCYCLE	SPORTFUNCTIONAL SPORTCYCLE	SPORTFUNCTIONAL FULL TRAINING SPORTCYCLE		
09:00	GAP SPORTCYCLE SPORTFUNCTIONAL	SPORTFUNCTIONAL YOGA	GAP SPORTCYCLE SPORTFUNCTIONAL	SPORTFUNCTIONAL YOGA	GAP SPORTCYCLE SPORTFUNCTIONAL		
09:30						SPORTCYCLE	
10:00	DANCE STYLE MIX TRAINING	SPORTFUNCTIONAL	MIX TRAINING DANCE STYLE	SPORTFUNCTIONAL	MIX TRAINING DANCE STYLE		
10:15						LOCALIZADA	
10:30						SPORTCYCLE	
11:15						ABS + HIIT	
11:30			YOGA				
12:15						GAP	
13:00		SPORTCYCLE		SPORTCYCLE			
13:30	BODY PUMP		BODY PUMP		BODY PUMP		
18:00	ZUMBA SPORTFUNCTIONAL SPORTCYCLE	BODY PUMP SPORTCYCLE	ZUMBA SPORTCYCLE SPORTFUNCTIONAL	BODY PUMP SPORTCYCLE	SPORTFUNCTIONAL ZUMBA SPORTCYCLE		
19:00	BOXEO SPORTCYCLE SPORTFUNCTIONAL	BODY COMBAT SPORTCYCLE	BOXEO SPORTFUNCTIONAL SPORTCYCLE	BODY COMBAT SPORTCYCLE	SPORTFUNCTIONAL SPORTCYCLE		
20:00	BOXEO		BOXEO				