

## HORARIOS DE ACTIVIDADES

| HS.   | LUNES                            | MARTES                            | MIERCOLES                        | JUEVES                            | VIERNES                         | SÁBADO     | DOMINGO |
|-------|----------------------------------|-----------------------------------|----------------------------------|-----------------------------------|---------------------------------|------------|---------|
| 07:30 | SPORTCYCLE                       | GAP                               | SPORTCYCLE                       | GAP                               | SPORTCYCLE                      |            |         |
| 08:30 | LOCAL MIX                        | SPORTCYCLE                        | LOCAL MIX                        | SPORTCYCLE                        | LOCAL MIX                       |            |         |
| 10:00 | YOGA                             |                                   | YOGA                             |                                   | STRETCHING                      |            |         |
| 11:30 |                                  |                                   |                                  |                                   |                                 | SPORTCYCLE |         |
| 12:30 |                                  |                                   |                                  |                                   |                                 | ZUMBA      |         |
| 13:00 | SPORT<br>FUNCTIONAL<br>LOCAL MIX | SPORT<br>FUNCTIONAL<br>SPORTCYCLE | SPORT<br>FUNCTIONAL<br>LOCAL MIX | SPORTCYCLE<br>SPORT<br>FUNCTIONAL |                                 |            |         |
| 14:00 |                                  |                                   |                                  |                                   | SPORT<br>FUNCTIONAL             |            |         |
| 18:00 | ZUMBA                            |                                   | ZUMBA                            |                                   | ZUMBA                           |            |         |
| 18:15 | SPORT<br>FUNCTIONAL              | BODY COMBAT                       | SPORT<br>FUNCTIONAL              | BODY COMBAT                       |                                 |            |         |
| 18:30 | SPORTCYCLE                       | SPORTCYCLE                        | SPORTCYCLE                       | SPORTCYCLE                        | SPORTCYCLE                      |            |         |
| 19:00 | TALLER DE<br>ABDOMINALES         | POWER LOCAL                       | TALLER DE<br>ABDOMINALES         | POWER LOCAL                       | TALLER DE<br>ABDOMINALES        |            |         |
| 19:30 | SPORTCYCLE<br>RITMOS<br>LATINOS  | SPORTCYCLE                        | RITMOS<br>LATINOS<br>SPORTCYCLE  | SPORTCYCLE                        | RITMOS<br>LATINOS<br>SPORTCYCLE |            |         |
| 20:00 |                                  | BOX TRAINING                      |                                  | BOX TRAINING                      |                                 |            |         |
| 20:30 | SPORT<br>FUNCTIONAL              |                                   | SPORT<br>FUNCTIONAL              |                                   | SPORT<br>FUNCTIONAL             |            |         |