

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	BOX TRAINING ZUMBA SPORTCYCLE	SPORT RITMOS SPORT FUNCTIONAL	SPORTCYCLE ZUMBA BOX TRAINING	SPORT RITMOS SPORT FUNCTIONAL	SPORTCYCLE ZUMBA TULUKA		
09:00	ABDOYOGA SPORT FUNCTIONAL	SPORTCYCLE LOCALIZADA	SPORT FUNCTIONAL ABDOYOGA	SPORTCYCLE LOCALIZADA	SPORT FUNCTIONAL	LOCALIZADA	
10:00	AQUA GYM	YOGA	AQUA GYM	YOGA	AQUA GYM	SPORT FUNCTIONAL YOGA	
10:30						SPORTCYCLE	
11:00						BOX TRAINING ZUMBA	
11:30						SPORTCYCLE AQUA GYM	
12:00						TULUKA ABDOMINALES	
12:30						STRETCHING	
13:30		TULUKA		TULUKA			
14:30	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE			
16:00		AQUA GYM		AQUA GYM			
17:00	NATACIÓN PARA NIÑOS/AS ABDOMINALES LOCALIZADA		PILATES MAT		NATACIÓN PARA NIÑOS/AS LOCALIZADA ABDOMINALES	SPORT FUNCTIONAL	
17:30	STRETCHING				STRETCHING		
18:00	YOGA SPORT FUNCTIONAL GAP	NATACIÓN PARA NIÑOS/AS BOX TRAINING LOCAL RITMOS	FUNCTIONAL KIDS ZUMBA KIDS GAP	BOX TRAINING LOCAL RITMOS NATACIÓN PARA NIÑOS/AS	YOGA SPORT FUNCTIONAL GAP	ZUMBA	
19:00	BODY COMBAT SPORTCYCLE TULUKA	SPORTCYCLE SPORT FUNCTIONAL YOGA	BODY COMBAT SPORTCYCLE AQUA FUNCTIONAL TULUKA	YOGA SPORT FUNCTIONAL SPORTCYCLE	SPORTCYCLE AQUA FUNCTIONAL BODY COMBAT TULUKA		
20:00	TULUKA SPORTCYCLE BODY PUMP	TULUKA ZUMBA SPORTCYCLE	TULUKA SPORTCYCLE BODY PUMP	ZUMBA TULUKA SPORTCYCLE	TULUKA BODY PUMP		
20:30		BODY ATTACK	YOGA	BODY ATTACK			
21:00	TULUKA						