

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	FUNCTIONAL OUTDOOR BOX TRAINING	SPORTCYCLE OUTDOOR FUNCTIONAL OUTDOOR	BOX TRAINING FUNCTIONAL OUTDOOR	SPORTCYCLE OUTDOOR FUNCTIONAL OUTDOOR	BOX TRAINING FUNCTIONAL OUTDOOR		
09:00	TALLER POSTURAL SPORTCYCLE OUTDOOR	LOCALIZADA OUTDOOR FUNCTIONAL OUTDOOR	SPORTCYCLE OUTDOOR	FUNCTIONAL OUTDOOR LOCALIZADA OUTDOOR	TALLER POSTURAL SPORTCYCLE OUTDOOR	LOCALIZADA OUTDOOR BOX TRAINING	
10:00	YOGA OUTDOOR	STRETCHING OUTDOOR	YOGA OUTDOOR	STRETCHING OUTDOOR		YOGA OUTDOOR SPORTCYCLE OUTDOOR	
11:00	ZUMBA OUTDOOR	RITMOS LATINOS	ZUMBA OUTDOOR	RITMOS LATINOS	ZUMBA OUTDOOR	ABDO- STRETCHING ZUMBA OUTDOOR SPORTCYCLE OUTDOOR	
12:00						CROSSFIT OUTDOOR	
15:00	CROSSFIT OUTDOOR		CROSSFIT OUTDOOR		CROSSFIT OUTDOOR		
16:00	YOGA OUTDOOR	FULL BODY	YOGA OUTDOOR	FULL BODY	YOGA OUTDOOR		
17:00	GAP OUTDOOR ABDO- STRETCHING	SPORTCYCLE ZUMBA OUTDOOR	GAP OUTDOOR ABDO- STRETCHING	SPORTCYCLE ZUMBA OUTDOOR	GAP OUTDOOR ABDO- STRETCHING	FUNCTIONAL OUTDOOR	
18:00	FULL BODY BODY COMBAT	SPORTCYCLE OUTDOOR BODY ATTACK	FULL BODY BODY COMBAT	SPORTCYCLE OUTDOOR BODY ATTACK	FULL BODY BODY COMBAT		
19:00	BODY PUMP FUNCTIONAL OUTDOOR	FUNCTIONAL OUTDOOR CROSSFIT OUTDOOR	BODY PUMP FUNCTIONAL OUTDOOR	FUNCTIONAL OUTDOOR CROSSFIT OUTDOOR	FUNCTIONAL OUTDOOR BODY PUMP		
20:00		CROSSFIT OUTDOOR		CROSSFIT OUTDOOR			