

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:30		KANGOO POWER		KANGOO POWER			
08:45	POWER LOCAL SPORTCYCLE		SPORTCYCLE POWER LOCAL		SPORTCYCLE POWER LOCAL		
09:00	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
09:30		POWER LOCAL		POWER LOCAL			
09:45	LOCALIZADA		LOCALIZADA		LOCALIZADA		
10:00	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	SPORTCYCLE	
10:30		ZUMBA		ZUMBA		SPORT FUNCTIONAL YOGA	
11:00	YOGA		YOGA		YOGA		
11:30						KANGOO POWER	
12:00		STRETCHING		STRETCHING			
12:30						ZUMBA	
13:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
14:30	ZUMBA 100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES ZUMBA	100% ABDOMINALES	100% ABDOMINALES ZUMBA		
15:00		PILATES MAT		PILATES MAT			
15:15	LOCALIZADA		LOCALIZADA		LOCALIZADA		
17:00		STRETCHING		STRETCHING			
17:30		PATIN INFANTIL TAEKWONDO INFANTIL		TAEKWONDO INFANTIL PATIN INFANTIL			
18:00	LOCAL MIX TRAINING ZUMBA SPORTCYCLE	ZUMBA YOGA	LOCAL MIX TRAINING SPORTCYCLE	ZUMBA YOGA	LOCAL MIX TRAINING SPORTCYCLE		
18:30			ESCUELA DE ROLLER		ESCUELA DE ROLLER		
19:00	SPORTCYCLE KANGOO POWER	SPORTCYCLE LOCALIZADA INT.	SPORTCYCLE KANGOO POWER	SPORTCYCLE LOCALIZADA INT.	SPORTCYCLE KANGOO POWER		

19:30	SPORT FUNCTIONAL	SALIDAS A CORRER SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL SALIDAS A CORRER	SPORT FUNCTIONAL		
20:00	KANGOO POWER 100% ABDOMINALES	100% ABDOMINALES	KANGOO POWER 100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES		
20:30	BOXEO		BOXEO				