

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	POWER LOCAL		POWER LOCAL		POWER LOCAL		
08:30		SPORTCYCLE		SPORTCYCLE			
09:00	SPORT FUNCTIONAL STRETCHING	POWER LOCAL	STRETCHING SPORT FUNCTIONAL	POWER LOCAL	STRETCHING SPORT FUNCTIONAL		
09:30		100% ABDOMINALES		100% ABDOMINALES			
10:00	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	YOGA	
11:00					ZUMBA		
11:30						100% ABDOMINALES	
12:00						BODY COMBAT SPORTCYCLE	
13:30						STRETCHING	
18:00	SPORTCYCLE KROPP 3D	YOGA	KROPP 3D SPORTCYCLE	YOGA	KROPP 3D	BODY PUMP	
18:30		SPORTCYCLE		SPORTCYCLE	SPORTCYCLE		
19:00	SPORTCYCLE ZUMBA BOXEO RECREATIVO	SPORT FUNCTIONAL STRETCHING	ZUMBA BOXEO SPORTCYCLE	STRETCHING SPORT FUNCTIONAL	ZUMBA BOXEO RECREATIVO		
19:30		SPORTCYCLE		SPORTCYCLE			
20:00	BODY PUMP SPORTCYCLE SPORT FUNCTIONAL	BODY COMBAT	SPORT FUNCTIONAL SPORTCYCLE BODY PUMP	BODY COMBAT	BODY PUMP SPORT FUNCTIONAL		
20:30		100% ABDOMINALES		100% ABDOMINALES			
21:00	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP			