

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		
08:00	ZUMBA SPORT FUNCTIONAL	SPORTCYCLE SPORT FUNCTIONAL YOGA	ZUMBA SPORT FUNCTIONAL	SPORTCYCLE SPORT FUNCTIONAL YOGA	SPORT FUNCTIONAL ZUMBA		
09:00	YOGA TALLER DE ABDOMINALES SPORTCYCLE	POWER LOCAL	YOGA TALLER DE ABDOMINALES SPORTCYCLE	POWER LOCAL	YOGA TALLER DE ABDOMINALES SPORTCYCLE	YOGA	
09:30			RITMOS LATINOS				
10:00		STRETCHING		STRETCHING	RITMOS LATINOS	SPORTCYCLE	
11:00						SPORT FUNCTIONAL	
12:00						STRETCHING	
13:30		SPORTCYCLE		SPORTCYCLE			
14:00	PILATES MAT		PILATES MAT				
17:00	POWER JUMP		POWER JUMP		POWER JUMP	ZUMBA	
18:00	POWER LOCAL	LOCALIZADA SPORT FUNCTIONAL	POWER LOCAL	LOCALIZADA SPORT FUNCTIONAL	POWER LOCAL		
19:00	TALLER DE ABDOMINALES SPORT FUNCTIONAL SPORTCYCLE BODY PUMP	BODY COMBAT TALLER DE ABDOMINALES SPORT FUNCTIONAL	TALLER DE ABDOMINALES SPORTCYCLE BODY PUMP SPORT FUNCTIONAL	TALLER DE ABDOMINALES BODY COMBAT SPORT FUNCTIONAL	TALLER DE ABDOMINALES SPORTCYCLE BODY PUMP SPORT FUNCTIONAL		
20:00	SPORT FUNCTIONAL SPORTCYCLE ZUMBA	SPORTCROSS SPORTCYCLE YOGA	SPORT FUNCTIONAL ZUMBA SPORTCYCLE	SPORTCROSS YOGA SPORTCYCLE	SPORT FUNCTIONAL ZUMBA SPORTCYCLE		