

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	HIIT		HIIT		HIIT		
08:00	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE		
09:00	SPORT FUNCTIONAL	LOCALIZADA	SPORT FUNCTIONAL	LOCALIZADA	SPORT FUNCTIONAL		
09:15						SPORTCYCLE	
10:00	ZUMBA	YOGA	ZUMBA	YOGA	ZUMBA	BLOQUE ABDOMINALES YOGA	
14:30	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
16:00	GAP	RITMOS LATINOS	GAP	RITMOS LATINOS	GAP		
18:00	ZUMBA	SPORT FUNCTIONAL STRETCHING	ZUMBA	SPORT FUNCTIONAL STRETCHING	ZUMBA	ZUMBA	
19:00	BODY COMBAT SPORTCYCLE	STRONG BY ZUMBA SPORT FUNCTIONAL	BODY COMBAT SPORTCYCLE	STRONG BY ZUMBA SPORT FUNCTIONAL	BODY COMBAT SPORTCYCLE		
20:00	BODY PUMP SPORTCYCLE	ZUMBA SPORTCYCLE	SPORTCYCLE BODY PUMP	ZUMBA SPORTCYCLE	SPORTCYCLE BODY PUMP		
21:00	YOGA	CROSSFIT	YOGA	CROSSFIT	BLOQUE ABDOMINALES		