

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		LOCAL		LOCAL			
08:15	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
09:00	LOCAL	YOGA	LOCAL	YOGA	LOCAL		
09:30	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
10:00	RITMOS LATINOS	FIGHT DO	RITMOS LATINOS	FIGHT DO	RITMOS LATINOS		
11:00	LOCAL	STRETCHING	LOCAL	STRETCHING	LOCAL	LOCAL	
12:00						FIGHT DO	
12:15						SPORTCYCLE	
13:00	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
17:00						ZUMBA	
17:15	HIIT	HIIT	HIIT	HIIT	HIIT	HIIT	
18:00	LOCAL	STRETCHING	LOCAL	STRETCHING	LOCAL		
19:00	SPORTCYCLE SPORT FUNCTIONAL BODY PUMP	SPORTCYCLE SPORT FUNCTIONAL ZUMBA	SPORT FUNCTIONAL SPORTCYCLE BODY PUMP	SPORTCYCLE ZUMBA SPORT FUNCTIONAL	SPORTCYCLE BODY PUMP SPORT FUNCTIONAL		
20:00	SPORTCYCLE FIGHT DO	SPORT TRAINING BOX TRAINING	FIGHT DO SPORTCYCLE	SPORT TRAINING BOX TRAINING	FIGHT DO		