

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	GAP	PTM	PILATES REFORMER	PTM	PILATES REFORMER POWER LOCAL		
08:45	INDOOR CYCLE				INDOOR CYCLE		
09:00	LOCAL MIX TRAINING	STRONG BY ZUMBA PILATES REFORMER	GIMNASIA LOCALIZADA PILATES REFORMER	STRONG BY ZUMBA PILATES REFORMER	LOCAL MIX TRAINING PILATES REFORMER		
09:30		PILATES MAT		PILATES MAT			
09:45		PILATES REFORMER		PILATES REFORMER			
10:00	ZUMBA PILATES REFORMER		ZUMBA PILATES REFORMER		ZUMBA PILATES REFORMER	PILATES REFORMER GIMNASIA LOCALIZADA	
10:30		STRETCHING		STRETCHING			
11:00	YOGA PILATES REFORMER		PILATES REFORMER YOGA		YOGA PILATES REFORMER	PILATES REFORMER SPORTCYCLE	
11:30		TAI CHI CHUAN		EUTONIA			
12:00						YOGA	
14:00	ZUMBA		ZUMBA				
14:30		INDOOR CYCLE		INDOOR CYCLE			
15:00	POWER		POWER LOCAL		CIRCUIT-FEM		
17:45	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER			
18:00	X55		POWER LOCAL		CIRCUIT TRAINING		
18:30	PILATES REFORMER	INDOOR CYCLE STRETCHING PILATES REFORMER ZUMBA	PILATES REFORMER	INDOOR CYCLE ZUMBA PILATES REFORMER			
19:00	SPORTCYCLE KANGOO JUMPS		SPORTCYCLE KANGOO JUMPS		KANGOO JUMPS		
19:15	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER			
19:30	YOGA	STRONG BY ZUMBA	YOGA	STRONG BY ZUMBA			