

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'		
08:00		STRETCHING		STRETCHING			
08:15	YOGA		YOGA		YOGA		
08:30	CIRCUITO 30' TOP RIDE	CIRCUITO 30'	CIRCUITO 30' TOP RIDE	CIRCUITO 30'	TOP RIDE CIRCUITO 30'		
09:00		TOP RIDE		TOP RIDE			
09:30	CIRCUITO 30' POWER	CIRCUITO 30'	CIRCUITO 30' POWER	CIRCUITO 30'	CIRCUITO 30' POWER	CIRCUITO 30'	
10:00		FACTOR F		FACTOR F			
10:30	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	
14:00	TOP RIDE		TOP RIDE		TOP RIDE		
14:30	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'		
15:00	FACTOR F		FACTOR F				
15:30	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'		
16:00		PILATES		PILATES			
16:30	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'		
17:30	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	
18:00	X55	TOP RIDE CROSSFIT	X55	CROSSFIT TOP RIDE	X55		
18:30	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'		
19:00	FIGHT DO	POWER	FIGHT DO	POWER	FIGHT DO		
19:30	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'		
20:30	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'	CIRCUITO 30'		