

HORARIOS DE ACTIVIDADES

| HS. | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|--------------|-------------------------------|--------------------------------|-------------------------------|--------------------------------|-------------------------------|--------|---------|
| 08:00 | SPORTCYCLE SPORTFUNCTIONAL | BOX TRAINNING | SPORTCYCLE SPORTFUNCTIONAL | BOX TRAINNING | SPORTCYCLE SPORTFUNCTIONAL | | |
| 09:00 | 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES | | |
| 13:00 | SPORTFUNCTIONAL | | SPORTFUNCTIONAL | | SPORTFUNCTIONAL | | |
| 13:15 | 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES | | |
| 17:45 | 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES | | |
| 18:00 | BODY PUMP BOX TRAINNING | BODY COMBAT STRETCHING | BODY PUMP BOX TRAINNING | BODY COMBAT STRETCHING | BODY PUMP BOX TRAINNING | | |
| 18:15 | | SPORTCYCLE | | SPORTCYCLE | | | |
| 19:00 | STRONG YOGA | POWER JUMP BOX TRAINNING | YOGA STRONG | POWER JUMP BOX TRAINNING | | | |