

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTFUNCTIONAL		SPORTFUNCTIONAL		SPORTFUNCTIONAL		
09:00	BODY PUMP	SPORTFUNCTIONAL	BODY PUMP	SPORTFUNCTIONAL	BODY PUMP		
10:00	YOGA		YOGA		YOGA	BODY PUMP	
10:30		SPORTCYCLE		SPORTCYCLE			
11:00						SPORTFUNCTIONAL	
11:30		BODY PUMP		BODY PUMP			
12:00						BODY ATTACK	
13:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
18:00	SPORTCYCLE HIIT BOX	STRETCHING SPORTFUNCTIONAL	HIIT BOX SPORTCYCLE	STRETCHING SPORTFUNCTIONAL	SPORTCYCLE HIIT BOX		
19:00	BODY PUMP SPORTCYCLE	BODY PUMP	SPORTCYCLE BODY PUMP	BODY PUMP	SPORTCYCLE BODY PUMP		
20:00	POWER JUMP SPORTFUNCTIONAL	RITMOS LATINOS INTENSIVO BODY ATTACK	POWER JUMP SPORTFUNCTIONAL	BODY ATTACK RITMOS LATINOS INTENSIVO	POWER JUMP SPORTFUNCTIONAL		