

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	TULUKA	TULUKA	TULUKA	TULUKA	TULUKA		
08:00	SPORTCYCLE SPORT FUNCTIONAL JUMPING	TULUKA YOGA SPORTCYCLE	SPORT FUNCTIONAL JUMPING TULUKA SPORTCYCLE	YOGA TULUKA SPORTCYCLE	SPORT FUNCTIONAL TULUKA SPORTCYCLE		
09:00	TULUKA	LOCALIZADA TULUKA	TULUKA	TULUKA LOCALIZADA	TULUKA		
09:15	LOCALIZADA		LOCALIZADA		LOCALIZADA		
09:30						YOGA	
10:00						TULUKA	
10:15	PILATES/ STRETCHING		PILATES/ STRETCHING		PILATES/ STRETCHING		
10:30		SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL	
11:00						TULUKA LATINO	
11:30						SPORTCYCLE	
12:00						LOCALIZADA TULUKA	
13:00	BODY COMBAT	YOGA	BODY COMBAT	YOGA	BODY COMBAT	PILATES/ STRETCHING	
14:00	BODY PUMP		BODY PUMP		BODY PUMP	JUMPING	
14:30			CXWORX				
15:00						ZUMBA	
16:00						BODY COMBAT	
17:00	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL	GAP	
17:15		CXWORX		CXWORX			
17:30	TULUKA	TULUKA	TULUKA	TULUKA	TULUKA		
18:00	SPORTCYCLE STEP	BODY COMBAT	LOCAL JUMP SPORTCYCLE	BODY COMBAT	FULL LOCAL SPORTCYCLE	EXTREME RIDE	
18:30	TULUKA	TULUKA SPORTCYCLE	TULUKA	TULUKA SPORTCYCLE	TULUKA		
19:00	STRONG BY ZUMBA	BODY PUMP	HIIT	BODY PUMP	JUMPING		
19:30	SPORTCYCLE TULUKA	SPORTCYCLE TULUKA	SPORTCYCLE TULUKA	TULUKA SPORTCYCLE	SPORTCYCLE TULUKA		
20:00	ZUMBA SPORT FUNCTIONAL	SPORT FUNCTIONAL GAP	ZUMBA SPORT FUNCTIONAL	SPORT FUNCTIONAL GAP	ZUMBA SPORT FUNCTIONAL		
20:30	TULUKA SPORTCYCLE	BODY COMBAT SPORTCYCLE TULUKA	SPORTCYCLE TULUKA	TULUKA SPORTCYCLE BODY COMBAT	SPORTCYCLE TULUKA		

21:00	FUNCTIONAL JUMP		STRONG FUNCTIONAL				
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