

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
08:30		100% ABDOMINALES		100% ABDOMINALES			
11:00						ZUMBA SPORT FUNCTIONAL SPORTCYCLE	
12:00						RITMOS URBANOS	
13:00						MINI TRAMP	
15:00	STRONG BY ZUMBA SPORT FUNCTIONAL		STRONG BY ZUMBA SPORT FUNCTIONAL		STRONG BY ZUMBA SPORT FUNCTIONAL		
15:30	SPORTCYCLE	MINI TRAMP	SPORTCYCLE	MINI TRAMP	SPORTCYCLE		
16:00	PILATES/ STRETCHING	SPORTBAND	PILATES/ STRETCHING	SPORTBAND	PILATES/ STRETCHING		
18:00	CROSS FUNCTIONAL BARRAS	ZUMBA	BARRAS CROSS FUNCTIONAL	ZUMBA	BARRAS CROSS FUNCTIONAL		
19:00	CROSS FUNCTIONAL SPORTCYCLE ZUMBA	STRONG BY ZUMBA SPORTCYCLE GAP	CROSS FUNCTIONAL SPORTCYCLE ZUMBA	SPORTCYCLE STRONG BY ZUMBA GAP	SPORTCYCLE ZUMBA CROSS FUNCTIONAL		
20:00	SPORTCYCLE BARRAS	SPORTCYCLE MINI TRAMP	SPORTCYCLE BARRAS	SPORTCYCLE MINI TRAMP	SPORTCYCLE BARRAS		
21:00	SPORTBAND		SPORTBAND				