

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL	SPORT FUNCTIONAL		
08:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
10:00	TALLER SPORT FUNCTIONAL 30'		TALLER SPORT FUNCTIONAL 30'		TALLER SPORT FUNCTIONAL 30'		
12:30		SPORTCYCLE		SPORTCYCLE			
13:00	SPORTCYCLE	PILATES MAT	SPORTCYCLE	PILATES MAT	SPORTCYCLE		
14:00	SPORT FUNCTIONAL	ZUMBA	SPORT FUNCTIONAL	ZUMBA	SPORT FUNCTIONAL		
14:15		TALLER SPORT FUNCTIONAL 30'		TALLER SPORT FUNCTIONAL 30'			
15:00		EQUI-BALANCE		EQUI-BALANCE			
16:00	LOCAL MIX TRAINING		LOCAL MIX TRAINING		LOCAL MIX TRAINING		
18:00	LOCAL MIX TRAINING	ZUMBA	LOCAL MIX TRAINING	ZUMBA	LOCAL MIX TRAINING		
18:15		TALLER SPORT FUNCTIONAL 30'		TALLER SPORT FUNCTIONAL 30'			
18:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
19:00	FIGHT DO	SPORT FUNCTIONAL	FIGHT DO	SPORT FUNCTIONAL	FIGHT DO		
19:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
20:00		YOGA		YOGA			