



HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	Funcional		Funcional		Funcional		
09:00	Buxum	Cross Training Indoor Bike	Fight Do	Cross Training Indoor Bike	Cross Training Buxum	Indoor Bike	
10:00	Zumba	Power Local	Zumba	Power Local	Zumba	Power Local	
11:00		Taller De Abdominales	Pilates	Taller De Abdominales	Pilates		
12:00						Zumba	
12:30		Cross Training		Cross Training	Cross Training		
14:00					Fight Do		
15:00					Jumping		
16:00		Pilates	Funcional	Pilates	Funcional		
17:00	Pilates	Pilates	Pilates	Pilates	Stretching		
17:30	Taller De Abdominales						
18:00	Cross Training Indoor Bike Jumping	Zumba Kids Indoor Bike Funcional	Cross Training Indoor Bike Jumping	Zumba Kids Indoor Bike Funcional	Indoor Bike Cross Training		
19:00	Cross Training Pilates X55	Pilates Funcional Gap	Cross Training X55	Pilates Funcional Power Local	Cross Training Gap		
20:00	Cross Training Zumba	Cross Training Zumba	Cross Training Fight Do	Cross Training Zumba	Cross Training Fight Do		
21:00	Cross Training		Cross Training				