



HORARIOS DE ACTIVIDADES

- Las Heras -

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	Cross Training	Funcional Cross Funcional Training	Cross Training	Funcional Training Funcional Cross	Cross Training		
09:00	Levantamiento Olimpico Yoga	Levantamiento Olimpico Spinning	Levantamiento Olimpico Yoga	Levantamiento Olimpico Spinning	Levantamiento Olimpico Yoga	Cross Training Levantamiento Olimpico	
10:00	Levantamiento Olimpico Pilates	Levantamiento Olimpico	Levantamiento Olimpico Pilates	Levantamiento Olimpico	Levantamiento Olimpico Pilates	Yoga	
10:30						Levantamiento Olimpico	
11:00	Levantamiento Olimpico	Levantamiento Olimpico	Levantamiento Olimpico	Levantamiento Olimpico	Levantamiento Olimpico	Power Local Pilates	
11:30						Levantamiento Olimpico	
12:00	Levantamiento Olimpico					Levantamiento Olimpico	
13:00		Cross Training		Cross Training			
15:00	Pilates		Pilates		Pilates		
17:00		Power Local Levantamiento Olimpico		Power Local Levantamiento Olimpico			
18:00	Funcional Cross Power Local Levantamiento Olimpico Pilates U Bound - Jumping	Gap Levantamiento Olimpico Spinning Pilates Funcional Cross Fitness De Combate	Cross Training Levantamiento Olimpico Power Local Pilates U Bound - Jumping	Gap Funcional Cross Spinning Levantamiento Olimpico Pilates Fitness De Combate	Funcional Cross Levantamiento Olimpico U Bound - Jumping Power Local Pilates	Cross Training	

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:00	Cross Training	Pilates		Pilates			
	Funcional Training	Ritmos-Z-Axe Running Team	Cross Training X 55	Ritmos-Z-Axe Running Team	Cross Training X 55		
	Spinning Pilates	Cross Training Top Ride	Funcional Training	Cross Training Top Ride	Funcional Training		
	X 55	Funcional Training	Spinning	Funcional Training	Spinning		
19:30	Levantamiento Olimpico	Levantamiento Olimpico	Levantamiento Olimpico	Levantamiento Olimpico	Levantamiento Olimpico		
20:00	Indoor Cycle	Barras	Cross Training	Barras	Indoor Cycle		
	Boxeo Recreativo		Indoor Cycle		Boxeo Recreativo	Boxeo Recreativo	
	Cross Training	Cross Training	Boxeo Recreativo	Cross Training	Cross Training		
21:00	Levantamiento Olimpico	Levantamiento Olimpico	Levantamiento Olimpico	Levantamiento Olimpico	Levantamiento Olimpico		