

# HORARIO DE ACTIVIDADES



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:30 – 8:30		CICLO VIRTUAL(53)		CICLO VIRTUAL		
9:30 – 10:30	BODY COMBAT (51) CICLO (53) PILATES (54)	CICLO (53) <b>LES MILLS BODYPUMP</b>	CICLO (53) GAP (51) PILATES (54)	CICLO (53) <b>LES MILLS BODYPUMP</b>	CICLO (53) BODY BALANCE (54)	
10:30 –11:00	ABD (51)	ABD (51)		ABD (51)		
11:00 –12:00	TRX (51)		BODY PUMP EXPRESS (51)			CICLO (53)
14:30 –15:30	<b>LES MILLS BODYPUMP</b>	CICLO (53)	HIT (51)	CICLO (53) PILATES	-BODY ATTACK(51) - JUMPING (51)	
15:45 –16:45	CICLO (53)	<b>LES MILLS BODYCOMBAT</b>	CICLO (53)	<b>LES MILLS BODYPUMP</b>	JUMPING (51) BODY ATTACK(51)	
18:30-19:00		CICLO (53)	BODY ATTACK EXPRESS			
19:00 –20:00	JUMPING (1) TRX PILATES (54)	<b>LES MILLS BODYPUMP</b>	BODY BALANCE <b>LES MILLS BODYPUMP</b>		PILATES (54)	
19:30 –20:30	CICLO (53)	CICLO (53)	CICLO (53)	CICLO (53)	CICLO (53) 20:00 H	
20:15 –21:15	BODY BALANCE (54) <b>LES MILLS BODYPUMP</b>	HATHA YOGA (54) BODY ATTACK (52)	ZUMBA (51) PILATES (54)	HATHA YOGA (54) <b>LES MILLS BODYCOMBAT</b>		
20:30 –21:30	CICLO (53) ONE METABOLIC	CICLO (53)	CICLO (53) ONE METABOLIC	CICLO (53)		
21:15 –22:15		<b>LES MILLS BODYCOMBAT</b>		<b>LES MILLS BODYPUMP</b>		