



# HORARIO DE ACTIVIDADES DICIEMBRE 25 - MAYO 26

Alcoi Gabriel Miro

## LUNES

|       | Actividad      | 🕒      | 📍    |
|-------|----------------|--------|------|
| 8:00  | PILATES        | 45 min | 1    |
| 8:45  | BODY PUMP      | 45 min | 1    |
| 8:45  |                |        |      |
| 9:30  | CROSS TRAINING | 45 min | BOX  |
| 9:30  |                |        |      |
| 10:15 | CICLO INDOOR   | 45 min | 3    |
| 10:15 | CORE           | 15 min | SALA |
| 11:00 | GAP            | 45 min | 1    |
| 11:00 | CORE           | 15 min | SALA |
| 14:30 | CICLO INDOOR   | 45 min | 3    |
| 15:15 | CORE           | 15 min | SALA |
| 17:30 | CROSS TRAINING | 45 min | BOX  |
| 18:15 | CICLO INDOOR   | 45 min | 3    |
| 18:15 | BODY PUMP      | 45 min | 1    |
| 19:00 | BODY COMBAT    | 45 min | 1    |
| 19:00 | HIIT           | 45 min | BOX  |
| 19:00 | CORE           | 15 min | SALA |
| 19:45 | PILATES        | 45 min | 1    |
| 19:45 | CICLO INDOOR   | 45 min | 3    |
| 19:45 | CORE           | 15 min | SALA |
| 20:30 | GAP            | 45 min | 1    |
| 20:30 | CORE           | 15 min | SALA |
| 21:15 | CORE           | 15 min | SALA |

## MARTES

|       | Actividad      | 🕒      | 📍    |
|-------|----------------|--------|------|
| 8:00  | CROSS TRAINING | 45 min | 1    |
| 8:45  | PILATES        | 45 min | 1    |
| 8:45  |                |        |      |
| 9:30  | SOFT TBC       | 45 min | 1    |
| 9:30  | ZUMBA          | 45 min | 0    |
| 10:15 | BODY COMBAT    | 45 min | 1    |
| 10:15 | CORE           | 15 min | SALA |
| 11:00 | CICLO INDOOR   | 45 min | 3    |
| 11:00 | CORE           | 15 min | SALA |
| 14:30 | CROSS TRAINING | 45 min | BOX  |
| 15:15 | CORE           | 15 min | SALA |
| 17:30 | GAP            | 45 min | 1    |
| 18:15 | BODY COMBAT    | 45 min | 1    |
| 18:15 | CROSS TRAINING | 45 min | BOX  |
| 19:00 | BODY PUMP      | 45 min | 1    |
| 19:00 | CICLO INDOOR   | 45 min | 3    |
| 19:00 | CORE           | 15 min | SALA |
| 19:45 | BODY ATTACK    | 45 min | 1    |
| 19:45 | CICLO INDOOR   | 45 min | 3    |
| 19:45 | CORE           | 15 min | SALA |
| 20:30 | ESPALDA SANA   | 45 min | 1    |
| 20:30 | CORE           | 15 min | 0    |
| 21:15 | CORE           | 15 min | SALA |

## MIÉRCOLES

|       | Actividad      | 🕒      | 📍    |
|-------|----------------|--------|------|
| 8:00  | PILATES        | 45 min | 1    |
| 8:45  | CROSS TRAINING | 45 min | BOX  |
| 8:45  | ZUMBA          | 45 min | 1    |
| 9:30  | CORE           | 15 min | SALA |
| 9:30  | BODY PUMP      | 45 min | 0    |
| 10:15 | CICLO INDOOR   | 45 min | 3    |
| 10:15 | CORE           | 15 min | SALA |
| 11:00 | GAP            | 45 min | 1    |
| 11:00 | CORE           | 15 min | SALA |
| 14:30 | BODY PUMP      | 45 min | 3    |
| 15:15 | CORE           | 15 min | SALA |
| 17:30 | CROSS TRAINING | 45 min | BOX  |
| 18:15 | CICLO INDOOR   | 45 min | 3    |
| 18:15 | BODY PUMP      | 45 min | 1    |
| 19:00 | BODY COMBAT    | 45 min | 1    |
| 19:00 | HIIT           | 45 min | BOX  |
| 19:00 | CORE           | 15 min | SALA |
| 19:45 | PILATES        | 45 min | 1    |
| 19:45 | CICLO INDOOR   | 45 min | 3    |
| 19:45 | CORE           | 15 min | SALA |
| 20:30 | GAP            | 45 min | 1    |
| 20:30 | CORE           | 15 min | SALA |
| 21:15 | CORE           | 15 min | SALA |

## JUEVES

|       | Actividad      | 🕒      | 📍    |
|-------|----------------|--------|------|
| 8:00  | CROSS TRAINING | 45 min | 1    |
| 8:45  | PILATES        | 45 min | 1    |
| 8:45  |                |        |      |
| 9:30  | SOFT TBC       | 45 min | 1    |
| 9:30  |                |        |      |
| 10:15 | BODY COMBAT    | 45 min | 1    |
| 10:15 | CORE           | 15 min | SALA |
| 11:00 | CICLO INDOOR   | 45 min | 3    |
| 11:00 | CORE           | 15 min | SALA |
| 14:30 | CROSS TRAINING | 45 min | BOX  |
| 15:15 | CORE           | 15 min | SALA |
| 17:30 | GAP            | 45 min | 1    |
| 18:15 | BODY COMBAT    | 45 min | 1    |
| 18:15 | CROSS TRAINING | 45 min | BOX  |
| 19:00 | BODY PUMP      | 45 min | 1    |
| 19:00 | CICLO INDOOR   | 45 min | 3    |
| 19:00 | CORE           | 15 min | SALA |
| 19:45 | BODY ATTACK    | 45 min | 1    |
| 19:45 | CICLO INDOOR   | 45 min | 3    |
| 19:45 | CORE           | 15 min | SALA |
| 20:30 | ESPALDA SANA   | 45 min | 1    |
| 20:30 | CORE           | 15 min | 0    |
| 21:15 | CORE           | 15 min | SALA |

## VIERNES

|       | Actividad      | 🕒      | 📍   |
|-------|----------------|--------|-----|
| 8:45  | CICLO INDOOR   | 45 min | 3   |
| 9:30  | BODY PUMP      | 45 min | 1   |
| 10:15 | CROSS TRAINING | 45 min | 1   |
| 17:30 | CICLO INDOOR   | 45 min | 1   |
| 18:15 | CROSS TRAINING | 45 min | BOX |
| 19:00 | BODY PUMP      | 45 min | 3   |

## SÁBADO

|       | Actividad    | 🕒      | 📍 |
|-------|--------------|--------|---|
| 9:30  | BODY PUMP    | 45 min | 1 |
| 10:15 | CICLO INDOOR | 45 min | 3 |

**LesMILLS**

LesMILLS  
**BODYATTACK**

LesMILLS  
**BODYBALANCE**

LesMILLS  
**BODYPUMP**

LesMILLS  
**BODYCOMBAT**



Posibilidad de leves cambios | Horario 100% actualizado siempre en nuestra App Sparta Sport Center | [alcoigabrielmiro@spartasportcenter.com](mailto:alcoigabrielmiro@spartasportcenter.com)