



HORARIO DE ACTIVIDADES JULIO 26 - AGOSTO 26

Alcoy Ensanche

LUNES

	Actividad	🕒	📍
9:30	PILATES	60 min	1
10:30	CICLO INDOOR	60 min	3
11:00	CORE	15 min	BOX
11:30	BODY PUMP	60 min	1
17:00	BODY PUMP	60 min	1
17:45	CICLO INDOOR	60 min	3
18:00	PILATES	60 min	1
19:00	CORE	15 min	BOX
19:00	GAP	60 min	1
19:30	CROSS TRAINING	60 min	BOX
20:30	CROSS TRAINING	60 min	BOX

MARTES

	Actividad	🕒	📍
9:30	PILATES	60 min	1
10:30	CROSS TRAINING	60 min	BOX
11:00	CORE	15 min	BOX
11:30	BODY PUMP	60 min	1
17:00	BODY PUMP	60 min	1
17:30	CROSS TRAINING	60 min	BOX
18:00	BODY COMBAT	60 min	1
18:45	CICLO INDOOR	60 min	3
19:00	CORE	15 min	BOX
19:30	CROSS TRAINING	60 min	BOX
20:00	GAP	60 min	1
20:30	CORE	15 min	BOX

MIÉRCOLES

	Actividad	🕒	📍
9:30	PILATES	60 min	1
10:30	CICLO INDOOR	60 min	3
11:00	CORE	15 min	BOX
11:30	BODY PUMP	60 min	1
17:00	BODY PUMP	60 min	1
17:45	CICLO INDOOR	60 min	3
18:00	PILATES	60 min	1
19:00	CORE	15 min	BOX
19:00	GAP	60 min	1
19:30	CROSS TRAINING	60 min	BOX
20:30	CROSS TRAINING	60 min	BOX

JUEVES

	Actividad	🕒	📍
9:30	PILATES	60 min	1
10:30	CROSS TRAINING	60 min	BOX
11:00	CORE	15 min	BOX
11:30	BODY PUMP	60 min	1
17:00	BODY PUMP	60 min	1
17:30	CROSS TRAINING	60 min	BOX
18:00	BODY COMBAT	60 min	1
18:45	CICLO INDOOR	60 min	3
19:00	CORE	15 min	BOX
19:00	ZUMBA	60 min	1
19:30	CROSS TRAINING	60 min	BOX
20:00	GAP	60 min	1
20:30	CORE	15 min	BOX

VIERNES

	Actividad	🕒	📍
9:30	PILATES	60 min	1
10:30	CICLO INDOOR	60 min	3
17:00	BODY PUMP	60 min	1
18:00	CICLO INDOOR	60 min	3

LesMILLS

**LesMILLS
BODYATTACK**

**LesMILLS
BODYBALANCE**

**LesMILLS
BODYPUMP**

**LesMILLS
BODYCOMBAT**

