



HORARIO DE ACTIVIDADES SEPT 24 - MAYO 25

Alcoi

LUNES

	Actividad	🕒	📍
7:30	CICLO INDOOR	45 min	3
8:30	BODY PUMP	45 min	1
9:30	GAP	45 min	1
9:30	CORE	15 min	SALA
9:30			
10:30	CICLO INDOOR	45 min	3
10:30	CORE	15 min	SALA
11:30	BODY PUMP	45 min	1
11:30	CORE	15 min	SALA
12:30	BODY BALANCE	45 min	1
14:30	BODY PUMP	45 min	1
15:30	BODY BALANCE	45 min	1
16:30	CORE	15 min	1
17:30	PILATES	45 min	2
17:30	GAP	45 min	1
18:30	BODY COMBAT	45 min	1
18:30	CICLO INDOOR	45 min	3
18:30	CORE	15 min	SALA
18:30			
19:30	BODY PUMP	45 min	1
19:30	CICLO INDOOR	45 min	3
19:30	CORE	15 min	SALA
20:30	BODY BALANCE	45 min	1
20:30	CROSS TRAINING	45 min	2
20:30	CORE	15 min	SALA
21:30	CORE	15 min	1

MARTES

	Actividad	🕒	📍
7:30	BODY COMBAT	45 min	1
8:30	CICLO INDOOR	45 min	3
9:30	BODY PUMP	45 min	1
9:30	YOGA	60 min	2
9:30	CORE	15 min	SALA
10:30	SOFT TBC	45 min	1
10:30	CORE	15 min	SALA
11:30	CICLO INDOOR	45 min	3
11:30	CORE	15 min	SALA
12:30	E. FUNCIONAL	45 min	1
14:30	GAP	45 min	1
15:30	CICLO INDOOR	45 min	3
16:30	CORE	15 min	1
17:30	BODY PUMP	45 min	1
17:30	CICLO INDOOR	45 min	3
18:30	BODY ATTACK	45 min	1
18:30	CICLO INDOOR	45 min	3
18:30	YOGA	60 min	2
18:30	CORE	15 min	SALA
19:30	ZUMBA	45 min	1
19:30	CROSS TRAINING	45 min	2
19:30	CORE	15 min	SALA
20:30	BODY PUMP	45 min	1
20:30	CICLO INDOOR	45 min	3
20:30	CORE	15 min	SALA
21:30	CORE	15 min	1

MIÉRCOLES

	Actividad	🕒	📍
7:30	GAP	45 min	1
8:30	BODY PUMP	45 min	1
9:30	CICLO INDOOR	45 min	3
9:30	CORE	15 min	SALA
9:30			
10:30	CICLO INDOOR	45 min	3
10:30	CORE	15 min	SALA
11:30	BODY PUMP	45 min	1
11:30	CORE	15 min	SALA
12:30	BODY BALANCE	45 min	1
14:30	BODY PUMP	45 min	1
15:30	PILATES	45 min	1
16:30	CORE	15 min	1
17:30	PILATES	45 min	1
17:30	GAP	45 min	2
18:30	BODY COMBAT	45 min	1
18:30	CICLO INDOOR	45 min	3
18:30	CORE	15 min	SALA
18:30			
19:30	BODY PUMP	45 min	1
19:30	CICLO INDOOR	45 min	3
19:30	CORE	15 min	SALA
20:30	BODY BALANCE	45 min	1
20:30	CROSS TRAINING	45 min	2
20:30	CORE	15 min	SALA
21:30	CORE	15 min	1

JUEVES

	Actividad	🕒	📍
7:30	BODY PUMP	45 min	1
8:30	CICLO INDOOR	45 min	3
9:30	BODY COMBAT	45 min	1
9:30	YOGA	60 min	2
9:30	CORE	15 min	SALA
10:30	SOFT TBC	45 min	1
10:30	CORE	15 min	SALA
11:30	CICLO INDOOR	45 min	3
11:30	CORE	15 min	SALA
12:30	E. FUNCIONAL	45 min	1
14:30	CICLO INDOOR	45 min	3
15:30	GAP	45 min	1
16:30	CORE	15 min	1
17:30	BODY PUMP	45 min	1
17:30	CICLO INDOOR	45 min	3
18:30	BODY ATTACK	45 min	1
18:30	CICLO INDOOR	45 min	3
18:30	YOGA	60 min	2
18:30	CORE	15 min	SALA
19:30	ZUMBA	45 min	1
19:30	CROSS TRAINING	45 min	2
19:30	CORE	15 min	SALA
20:30	BODY PUMP	45 min	1
20:30	CICLO INDOOR	45 min	3
20:30	CORE	15 min	SALA
21:30	CORE	15 min	1

VIERNES

	Actividad	🕒	📍
7:30	CICLO INDOOR	45 min	3
8:30	GAP	45 min	1
9:30	BODY PUMP	45 min	1
9:30	CORE	15 min	SALA
10:30	E. FUNCIONAL	45 min	1
10:30	CORE	15 min	SALA
11:30	GAP	45 min	3
11:30	CORE	15 min	SALA
12:30	BODY BALANCE	45 min	1
17:30	BODY PUMP	45 min	1
18:30	CICLO INDOOR	45 min	3
19:30	GAP	45 min	1
20:30	STEP	45 min	1
21:30	CORE	15 min	1

SÁBADO

	Actividad	🕒	📍
8:30	BODY BALANCE	45 min	1
9:30	BODY PUMP	45 min	1
10:30	ZUMBA	45 min	1

LES MILLS

LES MILLS BODYATTACK

LES MILLS BODYBALANCE

LES MILLS BODYPUMP

LES MILLS BODYCOMBAT

ZUMBA