



HORARIO DE ACTIVIDADES JUN 25 - AGOS 25

Alcoi

LUNES

	Actividad		
7:30	CICLO INDOOR	60 min	3
8:30	CROSS TRAINING	60 min	BOX
9:30	GAP	60 min	1
9:30	CORE	15 min	SALA
9:30			
10:30	CICLO INDOOR	60 min	3
10:30	CORE	15 min	SALA
11:30	BODY PUMP	60 min	1
11:30	CORE	15 min	SALA
14:30	BODY BALANCE	60 min	1
15:30	GAP	60 min	1
16:30	CORE	15 min	1
17:30	PILATES	60 min	2
17:30	GAP	60 min	1
18:30	BODY COMBAT	60 min	1
18:30	CICLO INDOOR	60 min	3
18:30	CORE	15 min	SALA
18:30			
19:30	BODY PUMP	60 min	1
19:30	CICLO INDOOR	60 min	3
19:30	CORE	15 min	SALA
20:30	BODY BALANCE	60 min	1
20:30	CROSS TRAINING	60 min	BOX
20:30	CORE	15 min	SALA
21:30	CORE	15 min	1

MARTES

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

MIÉRCOLES

	Actividad		
7:30	GAP	60 min	1
8:30	CICLO INDOOR	60 min	3
9:30	BODY COMBAT	60 min	1
9:30	CORE	15 min	SALA
9:30			
10:30	SOFT TBC	60 min	1
10:30	CORE	15 min	SALA
11:30	BODY PUMP	60 min	1
11:30	CORE	15 min	SALA
14:30	BODY PUMP	60 min	1
15:30	PILATES	60 min	1
16:30	CORE	15 min	1
17:30	PILATES	60 min	1
17:30	GAP	60 min	2
18:30	BODY PUMP	60 min	1
18:30	CICLO INDOOR	60 min	3
18:30	CORE	15 min	SALA
18:30			
19:30	BODY COMBAT	60 min	1
19:30	CICLO INDOOR	60 min	3
19:30	CORE	15 min	SALA
20:30	BODY BALANCE	60 min	1
20:30	CROSS TRAINING	60 min	BOX
20:30	CORE	15 min	SALA
21:30	CORE	15 min	1

JUEVES

	Actividad		
7:30	BODY PUMP	60 min	1
8:30	CROSS TRAINING	60 min	BOX
9:30	CICLO INDOOR	60 min	3
9:30	YOGA	60 min	1
9:30	CORE	15 min	SALA
10:30	SOFT TBC	60 min	1
10:30	CORE	15 min	SALA
11:30	CICLO INDOOR	60 min	3
11:30	CORE	15 min	SALA
14:30	CICLO INDOOR	60 min	3
15:30	CORE	15 min	1
16:30			
17:30	BODY PUMP	60 min	1
17:30	CROSS TRAINING	60 min	BOX
18:30	BODY ATTACK	60 min	1
18:30	CICLO INDOOR	60 min	3
18:30	YOGA	60 min	2
18:30	CORE	15 min	SALA
19:30	ZUMBA	60 min	1
19:30	CROSS TRAINING	60 min	BOX
19:30	CORE	15 min	SALA
20:30	BODY PUMP	60 min	1
20:30	CICLO INDOOR	60 min	3
20:30	CORE	15 min	SALA
21:30	CORE	15 min	1

VIERNES

	Actividad		
7:30	CICLO INDOOR	60 min	3
8:30	GAP	60 min	1
9:30	BODY PUMP	60 min	1
9:30	CORE	15 min	SALA
10:30	E. FUNCIONAL	60 min	1
10:30	CORE	15 min	SALA
11:30	GAP	60 min	1
11:30	CORE	15 min	SALA
17:30	BODY PUMP	60 min	1
18:30	CICLO INDOOR	60 min	3

SÁBADO

	Actividad		
8:30	ZUMBA	60 min	1
9:30	BODY PUMP	60 min	1
10:30	BODY BALANCE	60 min	1

LesMILLS

**LesMILLS
BODYATTACK**

**LesMILLS
BODYBALANCE**

**LesMILLS
BODYPUMP**

**LesMILLS
BODYCOMBAT**



Posibilidad de leves cambios | Horario 100% actualizado siempre en nuestra App Sparta Sport Center | alcoi@spartasportcenter.com