



HORARIO DE ACTIVIDADES SEPT 25 - MAYO 26

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
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	GAP	60 min 1
15:30	CORE	15 min 0

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
19:30	BODY PUMP	60 min BOX
19:30	CICLO INDOOR	60 min 3
19:30	CORE	15 min SALA
20:30	PILATES	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 3
11:30	CORE	15 min SALA
14:30	CICLO INDOOR	60 min 3
15:30	CORE	15 min 1

17:30	BODY PUMP	60 min 1
17:30	CROSS TRAINING	60 min 3
17:30	BODY COMBAT	60 min ZEN
18:30	HIIT	60 min BOX
18:30	CICLO INDOOR	60 min 3
18:30	YOGA	60 min 2
18:30	CORE	15 min SALA
19:30	CICLO INDOOR	60 min 3
19:30	CROSS TRAINING	60 min BOX
19:30	CORE	15 min SALA
19:30	ZUMBA	60 min 1
20:30	CORE	15 min SALA
20:30	BODY PUMP	60 min 1
20:30	GAP	60 min BOX
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
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	CROSS TRAINING	60 min BOX
15:30	CORE	15 min 0

17:30	PILATES	60 min 2
17:30	GAP	60 min 1
18:30	BODY PUMP	60 min 1
18:30	CICLO INDOOR	60 min 3
18:30	CORE	15 min SALA
19:30	HIIT	60 min BOX
19:30	CICLO INDOOR	60 min 3
19:30	CORE	15 min SALA
20:30	BODY COMBAT	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	BODY BALANCE	60 min 3
11:30	CORE	15 min SALA
14:30	CICLO INDOOR	60 min 3
15:30	CORE	15 min 1

17:30	BODY PUMP	60 min 1
17:30	CROSS TRAINING	60 min BOX
18:30	HIIT	60 min BOX
18:30	CICLO INDOOR	60 min 3
18:30	YOGA	60 min 2
18:30	CORE	15 min SALA
19:30	CICLO INDOOR	60 min 3
19:30	CROSS TRAINING	60 min BOX
19:30	CORE	15 min SALA
19:30	BODY COMBAT	60 min 1
20:30	BODY PUMP	60 min 1
20:30	CICLO INDOOR	60 min 3
20:30	CORE	15 min SALA
20:30	ZUMBA	60 min ZEN
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	SOFT TBC	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		
9:30	BODY PUMP	60 min 1
10:30	CICLO INDOOR	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