



HORARIO DE ACTIVIDADES JULIO - AGOSTO 26

Alcoy, Alzamora

LUNES

Actividad	🕒	📍
7:30 CICLO INDOOR	45 min	3
8:30 CROSS TRAINING	45 min	BOX
9:30 CORE	15 min	SAL
9:30 GAP	45 min	1
10:30 CORE	15 min	SAL
10:30 SOFT TBC	45 min	1
11:30 BODY PUMP	45 min	1
17:30 GAP	45 min	1
18:00 PILATES	45 min	2
18:30 CORE	15 min	SAL
18:30 CICLO INDOOR	45 min	3
19:00 BODY COMBAT	45 min	1
19:30 CICLO INDOOR	45 min	3
19:30 CORE	15 min	SAL
20:00 BODY PUMP	45 min	1
20:30 CROSS TRAINING	45 min	BOX

MARTES

Actividad	🕒	📍
7:30 BODY COMBAT	45 min	1
8:30 BODY PUMP	45 min	1
9:30 CORE	15 min	SALA
9:30 CICLO INDOOR	45 min	3
10:30 CORE	15 min	SALA
10:30 SOFT TBC	45 min	1
11:30		
14:30 CICLO INDOOR	45 min	3
17:30 CROSS TRAINING	45 min	BOX
18:00 BODY PUMP	45 min	1
18:30 CORE	15 min	SALA
18:30 CICLO INDOOR	45 min	3
19:00 BODY ATTACK	45 min	2
19:30 CROSS TRAINING	45 min	BOX
19:30 CORE	15 min	SALA
20:00 BODY PUMP	45 min	1
20:30		

MIÉRCOLES

Actividad	🕒	📍
7:30 GAP	45 min	1
8:30 CICLO INDOOR	45 min	3
9:30 CORE	15 min	SALA
9:30 BODY BALANCE	45 min	1
10:30 CORE	15 min	SALA
10:30 SOFT TBC	45 min	1
11:30 BODY PUMP	45 min	1
14:30 BODY PUMP	45 min	1
17:30 GAP	45 min	1
18:00 PILATES	45 min	2
18:30 CORE	15 min	SALA
18:30 CICLO INDOOR	45 min	3
19:00 BODY COMBAT	45 min	1
19:30 CICLO INDOOR	45 min	3
19:30 CORE	15 min	SALA
20:00 BODY PUMP	45 min	1
20:30 CROSS TRAINING	45 min	BOX

JUEVES

Actividad	🕒	📍
7:30 BODY PUMP	45 min	1
8:30 CROSS TRAINING	45 min	BOX
9:30 CORE	15 min	SAL
9:30 CICLO INDOOR	45 min	3
10:30 CORE	15 min	SAL
10:30 SOFT TBC	45 min	1
11:30		
14:30 GAP	45 min	1
17:30 CROSS TRAINING	45 min	BOX
18:00 BODY PUMP	45 min	1
18:30 CORE	15 min	SAL
18:30 CICLO INDOOR	45 min	3
19:00 BODY ATTACK	45 min	2
19:30 CROSS TRAINING	45 min	BOX
19:30 CORE	15 min	SAL
20:00 BODY PUMP	45 min	1
20:30		

VIERNES

Actividad	🕒	📍
7:30 CICLO INDOOR	45 min	
8:30		
9:30 BODY PUMP	45 min	1
10:30 SOFT TBC	45 min	1
11:30		
17:30 BODY PUMP	45 min	1
18:30 CICLO INDOOR	45 min	3

LesMILLS

LES MILLS
BODYATTACK

LES MILLS
BODYBALANCE

LES MILLS
BODYPUMP

LES MILLS
BODYCOMBAT

ZUMBA