



HORARIO DE ACTIVIDADES SEP 25 - MAY 26

Burgos

LUNES

	Actividad	🕒	💡
8:00	CICLO INDOOR	45 min	3
8:00			
8:45	BODY PUMP	45 min	1
9:30	PILATES	45 min	1
10:15	CROSS TRAINING	45 min	BOX
10:15	ZUMBA	45 min	1
10:15	CORE	15 min	SALA
11:00	CICLO INDOOR	45 min	3
11:00	CORE	15 min	SALA
11:45			
12:15			
14:30	BODY PUMP	45 min	1
15:15	CORE	15 min	SALA
17:00			
17:15	ZUMBA	45 min	1
18:00	BODY PUMP	45 min	1
18:00	CICLO INDOOR	45 min	3
18:45	PILATES	45 min	1
18:45	CROSS TRAINING	45 min	BOX
18:45	CICLO INDOOR	45 min	3
18:45	CORE	15 min	SALA
19:30	BODY PUMP	45 min	1
19:30	CICLO INDOOR	45 min	3
19:30	CORE	15 min	SALA
20:15	GAP	45 min	1
20:15	CORE	15 min	SALA
21:00	CORE	15 min	SALA

MARTES

	Actividad	🕒	💡
8:00	CICLO INDOOR	45 min	3
8:00	BODY PUMP	45 min	1
8:45	CROSS TRAINING	45 min	BOX
9:30	ZUMBA	45 min	1
10:15	PILATES	45 min	1
10:15	CORE	15 min	SALA
10:15			
11:00	BODY PUMP	45 min	1
11:00	CORE	15 min	SALA
11:45			
12:15	YOGA	60 min	1
14:30	CICLO INDOOR	45 min	3
15:15	CORE	15 min	SALA
17:00	YOGA	60 min	1
17:15			
18:00	BODY COMBAT	45 min	1
18:00	CROSS TRAINING	45 min	BOX
18:45	ZUMBA	45 min	1
18:45	CICLO INDOOR	45 min	3
18:45	CORE	15 min	SALA
19:30	BODY PUMP	45 min	1
19:30	CROSS TRAINING	45 min	BOX
19:30	CICLO INDOOR	45 min	3
19:30	CORE	15 min	SALA
20:15	BODY BALANCE	45 min	1
20:15	CORE	15 min	SALA
21:00	CORE	15 min	SALA

MIÉRCOLES

	Actividad	🕒	💡
8:00	CICLO INDOOR	45 min	3
8:00			
8:45	BODY PUMP	45 min	1
9:30	PILATES	45 min	1
10:15	CROSS TRAINING	45 min	BOX
10:15	ZUMBA	45 min	1
10:15	CORE	15 min	SALA
11:00	CICLO INDOOR	45 min	3
11:00	CORE	15 min	SALA
11:45			
12:15			
14:30	BODY PUMP	45 min	1
15:15	CORE	15 min	SALA
17:00			
17:15	ZUMBA	45 min	1
18:00	BODY PUMP	45 min	1
18:00	CICLO INDOOR	45 min	3
18:45	PILATES	45 min	1
18:45	CROSS TRAINING	45 min	BOX
18:45	CICLO INDOOR	45 min	3
18:45	CORE	15 min	SALA
19:30	BODY PUMP	45 min	1
19:30	CICLO INDOOR	45 min	3
19:30	CORE	15 min	SALA
20:15	GAP	45 min	1
20:15	CORE	15 min	SALA
21:00	CORE	15 min	SALA

JUEVES

	Actividad	🕒	💡
8:00	CICLO INDOOR	45 min	3
8:00	BODY PUMP	45 min	1
8:45	CROSS TRAINING	45 min	BOX
9:30	ZUMBA	45 min	1
10:15	PILATES	45 min	1
10:15	CORE	15 min	SALA
10:15			
11:00	BODY PUMP	45 min	1
11:00	CORE	15 min	SALA
11:45	BODY BALANCE	45 min	1
12:15			
14:30	GAP	45 min	1
15:15	CORE	15 min	SALA
17:00	YOGA	60 min	1
17:15			
18:00	BODY COMBAT	45 min	1
18:00	CROSS TRAINING	45 min	BOX
18:45	ZUMBA	45 min	1
18:45	CICLO INDOOR	45 min	3
18:45	CORE	15 min	SALA
19:30	BODY PUMP	45 min	1
19:30	CROSS TRAINING	45 min	BOX
19:30	CICLO INDOOR	45 min	3
19:30	CORE	15 min	SALA
20:15	BODY BALANCE	45 min	1
20:15	CORE	15 min	SALA
21:00	CORE	15 min	SALA

VIERNES

	Actividad	🕒	💡
8:00	CICLO INDOOR	45 min	3
8:45	BODY PUMP	45 min	1
9:30	ZUMBA	45 min	1
10:15	CORE	15 min	SALA
17:15	CROSS TRAINING	45 min	BOX
18:00	CICLO INDOOR	45 min	3

SÁBADO

	Actividad	🕒	💡
8:00	CICLO INDOOR	45 min	3
8:45	BODY PUMP	45 min	1
9:30	CROSS TRAINING	45 min	BOX

LesMILLS

**LesMILLS
BODYATTACK**

**LesMILLS
BODYBALANCE**

**LesMILLS
BODYPUMP**

**LesMILLS
BODYCOMBAT**



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