



HORARIO DE ACTIVIDADES JUN 24 - AGOS 24

Cuenca Jose Cobo

LUNES

	Actividad	🕒	📍
8:00	GAP	45 min	BOX
8:45	PILATES	45 min	ZEN
9:30	BODY PUMP	45 min	1
9:30	0:00	#####	0
10:15	CICLO INDOOR	45 min	3
10:15	CORE	15 min	SALA
11:00	CROSS TRAINING	45 min	BOX
11:00	CORE	15 min	SALA
14:30	CICLO INDOOR	45 min	3
15:15	CORE	15 min	SALA
17:30	CROSS TRAINING	45 min	BOX
17:30			
18:15	BODY COMBAT	45 min	1
18:15			
19:00	BODY PUMP	45 min	1
19:00	YOGA	45 min	ZEN
19:00	CICLO INDOOR	45 min	3
19:00	CORE	15 min	1
19:45	ZUMBA	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	CORE	15 min	SALA
20:30	CROSS TRAINING	45 min	BOX
20:30	BODY PUMP	45 min	1
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

MARTES

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

MIÉRCOLES

	Actividad	🕒	📍
8:00	GAP	45 min	BOX
8:45	PILATES	45 min	ZEN
9:30	BODY PUMP	45 min	1
9:30	0:00	#####	0
10:15	CICLO INDOOR	45 min	3
10:15	CORE	15 min	SALA
11:00	CROSS TRAINING	45 min	BOX
11:00	CORE	15 min	SALA
14:30	BODY PUMP	45 min	1
15:15	CORE	15 min	SALA
17:30	CROSS TRAINING	45 min	BOX
17:30			
18:15	BODY COMBAT	45 min	1
18:15			
19:00	BODY PUMP	45 min	1
19:00	YOGA	45 min	ZEN
19:00	CICLO INDOOR	45 min	3
19:00	CORE	15 min	1
19:45	ZUMBA	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	CORE	15 min	SALA
20:30	CROSS TRAINING	45 min	BOX
20:30	BODY PUMP	45 min	1
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

JUEVES

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

VIERNES

	Actividad	🕒	📍
9:30	BODY PUMP	45 min	1
10:15	CICLO INDOOR	45 min	3
11:00	CORE	15 min	SALA
19:00	BODY PUMP	45 min	1
19:45	CICLO INDOOR	45 min	3

SÁBADO

	Actividad	🕒	📍
9:30	CROSS TRAINING	45 min	BOX
10:15	CICLO INDOOR	45 min	3
11:00	BODY PUMP	45 min	1
11:45	CORE	15 min	SALA

LesMILLS BODYATTACK
LesMILLS BODYBALANCE
LesMILLS BODYPUMP
LesMILLS BODYCOMBAT

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