



HORARIO DE ACTIVIDADES SEPT 23 - MAYO 24

Cuenca

LUNES

	Actividad	🕒	📍
7:15	GAP	45 min	BOX
8:00	ZUMBA	45 min	1
8:45	PILATES	45 min	1
9:30	BODY PUMP	45 min	1
10:15	CORE	15 min	SALA
10:15	CICLO INDOOR	45 min	3
11:00	CORE	15 min	SALA
11:00	CROSS TRAINING	45 min	BOX
11:00			

14:30	CICLO INDOOR	45 min	3
15:15	CORE	15 min	SALA

17:30	CROSS TRAINING	45 min	BOX
17:30	YOGA	45 min	1
18:15	CICLO INDOOR	45 min	3
18:15	GAP	45 min	BOX
19:00	CICLO INDOOR	45 min	3
19:00	BODY PUMP	45 min	1
19:00	CORE	15 min	SALA
19:45	CICLO INDOOR	45 min	3
19:45	ZUMBA	45 min	1
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	🕒	📍
7:15	CROSS TRAINING	45 min	BOX
8:00	BODY PUMP	45 min	1
8:45	CICLO INDOOR	45 min	3
9:30	STRONG	45 min	1
10:15	CORE	15 min	SALA
10:15	PILATES	45 min	1
11:00	CORE	15 min	SALA
11:00	GAP	45 min	BOX
11:00	YOGA	45 min	1

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	CICLO INDOOR	45 min	3
18:15	BODY PUMP	45 min	1
19:00	CROSS TRAINING	45 min	BOX
19:00	PILATES	45 min	1
19:00	CORE	15 min	SALA
19:45	CICLO INDOOR	45 min	3
19:45	BODY PUMP	45 min	1
19:45	CORE	15 min	SALA
20:30	CICLO INDOOR	45 min	3
20:30	CROSS TRAINING	45 min	BOX
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

MIÉRCOLES

	Actividad	🕒	📍
7:15	GAP	45 min	BOX
8:00	ZUMBA	45 min	1
8:45	PILATES	45 min	1
9:30	BODY PUMP	45 min	1
10:15	CORE	15 min	SALA
10:15	CICLO INDOOR	45 min	3
11:00	CORE	15 min	SALA
11:00	CROSS TRAINING	45 min	BOX
11:00			

14:30	CICLO INDOOR	45 min	3
15:15	CORE	15 min	SALA

17:30	CROSS TRAINING	45 min	BOX
17:30	YOGA	45 min	1
18:15	CICLO INDOOR	45 min	3
18:15	GAP	45 min	BOX
19:00	CICLO INDOOR	45 min	3
19:00	BODY PUMP	45 min	1
19:00	CORE	15 min	SALA
19:45	CICLO INDOOR	45 min	3
19:45	ZUMBA	45 min	1
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	🕒	📍
7:15	CROSS TRAINING	45 min	BOX
8:00	BODY PUMP	45 min	1
8:45	CICLO INDOOR	45 min	3
9:30	STRONG	45 min	1
10:15	CORE	15 min	SALA
10:15	PILATES	45 min	1
11:00	CORE	15 min	SALA
11:00	GAP	45 min	BOX
11:00	YOGA	45 min	1

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	CICLO INDOOR	45 min	3
18:15	BODY PUMP	45 min	1
19:00	CROSS TRAINING	45 min	BOX
19:00	PILATES	45 min	1
19:00	CORE	15 min	SALA
19:45	CICLO INDOOR	45 min	3
19:45	BODY PUMP	45 min	1
19:45	CORE	15 min	SALA
20:30	CICLO INDOOR	45 min	3
20:30	CROSS TRAINING	45 min	BOX
20:30	CORE	15 min	SALA
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	1

Posibilidad de leves cambios
Horario 100% actualizado siempre en
nuestra App Sparta Sport Center
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LES MILLS

LES MILLS
BODYATTACK

LES MILLS
BODYBALANCE

LES MILLS
BODYPUMP

LES MILLS
BODYCOMBAT

TRX

ZUMBA