



HORARIO DE ACTIVIDADES JUN 24 - AGOS 24

Cuenca - Centro Comercial

LUNES

| Actividad | 🕒 | 📍 |
|-----------|-----------------------|-------------|
| 7:15 | GAP | 45 min BOX |
| 8:00 | PILATES | 45 min 1 |
| 8:45 | ZUMBA | 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 |
| 15:00 | CORE | 15 min SALA |
| 17:30 | YOGA | 45 min 1 |
| 17:30 | | |
| 18:15 | GAP | 45 min BOX |
| 18:15 | ZUMBA | 45 min 1 |
| 19:00 | BODY PUMP | 45 min 1 |
| 19:00 | CICLO INDOOR | 45 min 3 |
| 19:00 | CORE | 15 min SALA |
| 19:45 | CROSS TRAINING | 45 min BOX |
| 19:45 | CICLO INDOOR | 45 min 3 |
| 19:45 | CORE | 15 min SALA |
| 20:30 | BODY PUMP | 45 min 1 |
| 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 | ZUMBA | 45 min 1 |
| 11:00 | CORE | 15 min SALA |
| 11:00 | GAP | 45 min BOX |
| 11:00 | YOGA | 45 min 1 |
| 14:30 | BODY PUMP | 45 min 1 |
| 15:00 | CORE | 15 min SALA |
| 17:30 | ZUMBA | 45 min 1 |
| 17:30 | GAP | 45 min BOX |
| 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 | CICLO INDOOR | 45 min 3 |
| 19:45 | CORE | 15 min SALA |
| 20:30 | CICLO INDOOR | 45 min 3 |
| 21:15 | CORE | 15 min SALA |

MIÉRCOLES

| Actividad | 🕒 | 📍 |
|-----------|-----------------------|-------------|
| 7:15 | GAP | 45 min BOX |
| 8:00 | PILATES | 45 min 1 |
| 8:45 | ZUMBA | 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 |
| 15:00 | CORE | 15 min SALA |
| 17:30 | YOGA | 45 min 1 |
| 17:30 | | |
| 18:15 | GAP | 45 min BOX |
| 18:15 | ZUMBA | 45 min 1 |
| 19:00 | BODY PUMP | 45 min 1 |
| 19:00 | CICLO INDOOR | 45 min 3 |
| 19:00 | CORE | 15 min SALA |
| 19:45 | CROSS TRAINING | 45 min BOX |
| 19:45 | CICLO INDOOR | 45 min 3 |
| 19:45 | CORE | 15 min SALA |
| 20:30 | BODY PUMP | 45 min 1 |
| 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 | ZUMBA | 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 1 |
| 15:00 | CORE | 15 min SALA |
| 17:30 | ZUMBA | 45 min 1 |
| 17:30 | GAP | 45 min BOX |
| 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 | CICLO INDOOR | 45 min 3 |
| 19:45 | CORE | 15 min SALA |
| 20:30 | CICLO INDOOR | 45 min 3 |
| 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 | 🕒 | 📍 |
|-----------|---------------------|-------------|
| 10:15 | CICLO INDOOR | 45 min 3 |
| 11:00 | BODY PUMP | 45 min 1 |
| 11:45 | CORE | 15 min SALA |

LesMILLS

LesMILLS BODYATTACK

LesMILLS BODYBALANCE

LesMILLS BODYPUMP

LesMILLS BODYCOMBAT



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