



HORARIO DE ACTIVIDADES SEPT 24 - MAYO 25

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			

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

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			

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

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

14:30	CROSS TRAINING	45 min	BOX
15:15	CORE	15 min	SALA

14:30	BODY PUMP	45 min	1
15:15	CORE	15 min	SALA

14:30	E. FUNCIONAL	45 min	BOX
15:15	CORE	15 min	SALA

14:30	GAP	45 min	1
15:15	CORE	15 min	SALA

SÁBADO

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

17:30	CROSS TRAINING	45 min	BOX
17:30	YOGA	45 min	1
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
20:30	CORE	15 min	SALA
20:30			
21:15	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	CROSS TRAINING	45 min	BOX
20:30	CICLO INDOOR	45 min	3
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

17:30	CROSS TRAINING	45 min	BOX
17:30	YOGA	45 min	1
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
20:30	CORE	15 min	SALA
20:30			
21:15	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	CROSS TRAINING	45 min	BOX
20:30	CICLO INDOOR	45 min	3
20:30	CORE	15 min	SALA
20:30			
21:15	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