



# HORARIO DE ACTIVIDADES JUN 25 - AGOS 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 |                |        |      |
| 14:30 | CICLO INDOOR   | 45 min | 3    |
| 15:15 | CORE           | 15 min | SALA |
| 15:15 |                |        |      |
| 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    |
| 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 | YOGA           | 45 min | 1    |
| 14:30 | BODY PUMP      | 45 min | 1    |
| 15:15 | CORE           | 15 min | SALA |
| 15:15 |                |        |      |
| 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 |                |        |      |
| 14:30 | CROSS TRAINING | 45 min | 3    |
| 15:15 | CORE           | 15 min | SALA |
| 15:15 |                |        |      |
| 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    |
| 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 | YOGA           | 45 min | 1    |
| 14:30 | GAP            | 45 min | 1    |
| 15:15 | CORE           | 15 min | SALA |
| 15:15 |                |        |      |
| 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 |
| 11:00 |              |        |      |
| 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](mailto:cuenca@spartasportcenter.com)