



# HORARIO DE ACTIVIDADES

San Sebastián - Donostia

septiembre 20 - mayo 21

LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES			
	ACTIVIDAD	⌚	SALA		ACTIVIDAD	⌚	SALA		ACTIVIDAD	⌚	SALA		ACTIVIDAD	⌚	SALA		ACTIVIDAD	⌚	SALA
08:15	YOGA	45m	1	08:15	BODY PUMP	45m	1	08:15	YOGA	45m	1	08:15	BODY PUMP	45m	1	08:15			
09:00	YOGA	45m	1	09:00	PILATES	45m	1	09:00	YOGA	45m	1	09:00	PILATES	45m	1	09:00			
09:00	CROSSTRaining	45m	4	09:00				09:00	CROSSTRaining	45m	4	09:00				09:00	CICLO INDOOR	45m	3
09:45	ZUMBA	45m	1	09:45	CICLO INDOOR	45m	3	09:45	ZUMBA	45m	1	09:45	CICLO INDOOR	45m	3	09:45	BODY ATTACK	45m	1
09:45				09:45	BOXEO	45m	4	09:45				09:45	BOXEO	45m	4	09:45			
09:45	CORE	15m	4	09:45	CORE	15m	1	09:45	CORE	15m	4	09:45	CORE	15m	1	09:45			
10:30	BODY PUMP	45m	1	10:30	CROSSTRaining	45m	4	10:30	BODY PUMP	45m	1	10:30	CROSSTRaining	45m	4	10:30			
10:30	CORE	15m	4	10:30	CORE	15m	1	10:30	CORE	15m	4	10:30	CORE	15m	1	10:30	BODY PUMP	45m	1
11:15	CICLO INDOOR	45m	3	11:15	ZUMBA	45m	1	11:15	CICLO INDOOR	45m	3	11:15	ZUMBA	45m	1	11:15			
11:15	CORE	15m	4	11:15	CORE	15m	4	11:15	CORE	15m	4	11:15	CORE	15m	4	11:15	CORE	15m	1
12:00	BODY BALANCE	45m	1	12:00	PILATES	45m	1	12:00	BODY BALANCE	45m	1	12:00	PILATES	45m	1	12:00			
14:30	CROSSTRaining	45m	4	14:30	CICLO INDOOR	45m	3	14:30	BODY PUMP	45m	1	14:30	CICLO INDOOR	45m	3	14:30			
15:15	CICLO INDOOR	45m	3	15:15	BODY PUMP	45m	1	15:15	CICLO INDOOR	45m	3	15:15	BODY ATTACK	45m	1	15:15			
16:00	CORE	15m	1	16:00	CORE	15m	1	16:00	CORE	15m	1	16:00	CORE	15m	1	16:00			
17:30	BODY BALANCE	45m	1	17:30	ZUMBA KIDS	45m	1	17:30	BODY BALANCE	45m	1	17:30	ZUMBA KIDS	45m	1	17:30			
18:15	CICLO INDOOR	45m	3	18:15	BODY COMBAT	45m	4	18:15	CICLO INDOOR	45m	3	18:15	BODY COMBAT	45m	4	18:15	BODY PUMP	45m	1
18:15	BODY ATTACK	45m	1	18:15	PILATES	45m	1	18:15	BODY ATTACK	45m	1	18:15	PILATES	45m	1	18:15			
18:15	CORE	15m	4	18:15	CORE	15m	2	18:15	CORE	15m	4	18:15	CORE	15m	2	18:15			
19:00	CICLO INDOOR	45m	3	19:00	CICLO INDOOR	45m	3	19:00	CICLO INDOOR	45m	3	19:00	CICLO INDOOR	45m	3	19:00	CICLO INDOOR	45m	3
19:00	ZUMBA	45m	1	19:00	BODY PUMP	45m	1	19:00	ZUMBA	45m	1	19:00	BODY PUMP	45m	1	19:00			
19:00	CROSSTRaining	45m	4	19:00				19:00	CROSSTRaining	45m	4	19:00				19:00			
19:00	CORE	15m	2	19:00	CORE	15m	2	19:00	CORE	15m	2	19:00	CORE	15m	2	19:00			
19:45	CICLO INDOOR	45m	3	19:45	CICLO INDOOR	45m	3	19:45	CICLO INDOOR	45m	3	19:45	CICLO INDOOR	45m	3	19:45			
19:45	BODY PUMP	45m	1	19:45	CROSSTRaining	45m	4	19:45	BODY PUMP	45m	1	19:45	CROSSTRaining	45m	4	19:45	CROSSTRaining	45m	4
19:45	BODY COMBAT	45m	4	19:45	ZUMBA	45m	1	19:45	BODY COMBAT	45m	4	19:45	ZUMBA	45m	1	19:45			
19:45	CORE	15m	2	19:45	CORE	15m	2	19:45	CORE	15m	2	19:45	CORE	15m	2	19:45			
20:30	CICLO INDOOR	45m	3	20:30	CICLO INDOOR	45m	3	20:30	CICLO INDOOR	45m	3	20:30	CICLO INDOOR	45m	3	20:30			
20:30	ZUMBA	45m	1	20:30	BODY PUMP	45m	1	20:30	ZUMBA	45m	1	20:30				20:30			
20:30	KICK BOXING	45m	4	20:30	BOXEO	45m	4	20:30	KICK BOXING	45m	4	20:30	BOXEO	45m	4	20:30			
20:30	CORE	15m	2	20:30	CORE	15m	2	20:30	CORE	15m	2	20:30	CORE	15m	2	20:30	CORE	15m	1
21:15	CORE	15m	1	21:15	CORE	15m	1	21:15	CORE	15m	1	21:15	CORE	15m	1	21:15			

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