



HORARIO DE ACTIVIDADES

San Sebastián - Donostia

septiembre 21 - mayo 22

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
09:00	YOGA	45m	1	09:00	PILATES	45m	1	09:00	YOGA	45m	1	09:00	PILATES	45m	1
09:00	CROSSTRaining	45m	4	09:00				09:00	CROSSTRaining	45m	4	09:00			
09:45	ZUMBA	45m	1	09:45	CICLO INDOOR	45m	3	09:45	ZUMBA	45m	1	09:45	CICLO INDOOR	45m	3
09:45				09:45	BOXED	45m	4	09:45				09:45	BOXED	45m	4
09:45	CORE	15m	4	09:45	CORE	15m	1	09:45	CORE	15m	4	09:45	CORE	15m	1
10:30	BODY PUMP	45m	1	10:30	CROSSTRaining	45m	4	10:30	BODY PUMP	45m	1	10:30	CROSSTRaining	45m	4
10:30	CORE	15m	4	10:30	CORE	15m	1	10:30	CORE	15m	4	10:30	CORE	15m	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	CORE	15m	4	11:15	CORE	15m	4	11:15	CORE	15m	4	11:15	CORE	15m	4
12:00	BODY BALANCE	45m	1	12:00	PILATES	45m	1	12:00	BODY BALANCE	45m	1	12:00	PILATES	45m	1
13:30	JIU JITSU	1h	4	13:30	JIU JITSU	1h	4	13:30	JIU JITSU	1h	4	13:30	JIU JITSU	1h	4
14:30	CROSSTRaining	45m	4	14:30	CICLO INDOOR	45m	3	14:30	CROSSTRaining	45m	4	14:30	CICLO INDOOR	45m	3
15:15	CICLO INDOOR	45m	3	15:15	BODY PUMP	45m	1	15:15	CICLO INDOOR	45m	3	15:15	BODY PUMP	45m	1
16:00	CORE	15m	1	16:00	CORE	15m	1	16:00	CORE	15m	1	16:00	CORE	15m	1
17:30				17:30	PILATES	45m	1	17:30				17:30			
18:00				18:00				18:00	JIU JITSU	1h	4	18:00			
18:15	CICLO INDOOR	45m	3	18:15	CROSSTRaining	45m	4	18:15	CICLO INDOOR	45m	3	18:15	CROSSTRaining	45m	4
18:15	BODY ATTACK	45m	1	18:15				18:15	BODY ATTACK	45m	1	18:15			
18:15	CORE	15m	4	18:15	CORE	15m	2	18:15	CORE	15m	4	18:15	CORE	15m	2
18:30				18:30	JIU JITSU	1h	4	18:30				18:30	JIU JITSU	1h	4
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	BODY COMBAT	45m	4	19:00				19:00	BODY COMBAT	45m	4	19:00			
19:00	CORE	15m	2	19:00	CORE	15m	2	19:00	CORE	15m	2	19:00	CORE	15m	2
19:30				19:30	BOXED	45m	4	19:30				19:30			
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	BODY PUMP	45m	1	19:45	ZUMBA	45m	1	19:45	BODY PUMP	45m	1	19:45	ZUMBA	45m	1
19:45	CROSSTRaining	45m	4	19:45				19:45	CROSSTRaining	45m	4	19:45	CROSSTRaining	45m	1
19:45	CORE	15m	2	19:45	CORE	15m	2	19:45	CORE	15m	2	19:45	CORE	15m	2
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	ZUMBA	45m	1	20:30	BODY PUMP	45m	1	20:30	ZUMBA	45m	1	20:30	BODY PUMP	45m	1
20:30	KICK BOXING	45m	4	20:30	CROSSTRaining	45m	4	20:30	KICK BOXING	45m	4	20:30	CROSSTRaining	45m	4
20:30	CORE	15m	2	20:30				20:30	CORE	15m	2	20:30			
21:15	CORE	15m	1	21:15	CORE	15m	1	21:15	CORE	15m	1	21:15	CORE	15m	1

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

