



# HORARIO DE ACTIVIDADES SEPT 22 – MAYO 23

## San Sebastián - Donostia

### LUNES

Actividad	🕒	📍
08:15	YOGA	45 min 4
09:00	YOGA	45 min 4
09:00	CROSSTRAINING	45 min 1
09:45	ZUMBA	45 min 1
09:45	CORE	15 min BOX
10:30	BODY PUMP	45 min 1
10:30	CORE	15 min BOX
11:15	CICLO INDOOR	45 min 3
11:15	CORE	15 min BOX

### MARTES

Actividad	🕒	📍
08:15	BODY PUMP	45 min 1
09:00	PILATES	45 min 1
09:45	CICLO INDOOR	45 min 3
09:45	BOXEO	45 min 4
09:45	CORE	15 min BOX
10:30	CROSSTRAINING	45 min 4
10:30	CORE	15 min BOX
11:15	ZUMBA	45 min 1
11:15	CORE	15 min BOX

### MIÉRCOLES

Actividad	🕒	📍
08:15	YOGA	45 min 4
09:00	YOGA	45 min 4
09:00	CROSSTRAINING	45 min 1
09:45	ZUMBA	45 min 1
09:45	CORE	15 min BOX
10:30	BODY PUMP	45 min 1
10:30	CORE	15 min BOX
11:15	CICLO INDOOR	45 min 3
11:15	CORE	15 min BOX

### JUEVES

Actividad	🕒	📍
08:15	BODY PUMP	45 min 1
09:00	PILATES	45 min 1
09:45	CICLO INDOOR	45 min 3
09:45	BOXEO	45 min 4
09:45	CORE	15 min BOX
10:30	CROSSTRAINING	45 min 4
10:30	CORE	15 min BOX
11:15	ZUMBA	45 min 1
11:15	CORE	15 min BOX

### VIERNES

Actividad	🕒	📍
09:00	CICLO INDOOR	45 min 3
09:45	BODY ATTACK	45 min 1
10:30	BODY PUMP	45 min 1
13:30	JIU JITSU	1hr 4
18:15	BODY PUMP	45 min 1
19:00	CICLO INDOOR	45 min 3

13:30	JIU JITSU	1hr 4
14:30	BODY PUMP	45 min 1
15:15	CICLO INDOOR	45 min 3
16:00	CORE	15 min BOX

13:30	JIU JITSU	1hr 4
14:30	CICLO INDOOR	45 min 3
15:15	BODY PUMP	45 min 1
16:00	CORE	15 min BOX

13:30	JIU JITSU	1hr 4
14:30	BODY PUMP	45 min 1
15:15	CICLO INDOOR	45 min 3
16:00	CORE	15 min BOX

13:30	JIU JITSU	1hr 4
14:30	CICLO INDOOR	45 min 3
15:15	BODY PUMP	45 min 1
16:00	CORE	15 min BOX

18:00	CICLO INDOOR	45 min 3
18:15	BODY PUMP	45 min 1
18:15	CORE	45 min BOX
19:00	ZUMBA	45 min 1
19:00	CROSSTRAINING	45 min 4
19:00	CORE	15 min BOX
19:45	CICLO INDOOR	45 min 3
19:45	BODY PUMP	45 min 1
19:45	CORE	15 min BOX
20:30	CICLO INDOOR	45 min 3
20:30	GAP	45 min 1
20:30	KICK BOXING	45 min 4
20:30	CORE	15 min BOX
21:15	CORE	15 min BOX

18:00	JIU JITSU	1hr 4
18:15	PILATES	45 min 1
18:15	CORE	45 min BOX
19:00	CICLO INDOOR	45 min 3
19:00	BODY PUMP	45 min 1
19:00	CORE	15 min BOX
19:45	CICLO INDOOR	45 min 3
19:45	CROSSTRAINING	45 min 4
19:45	ZUMBA	45 min 1
19:45	CORE	15 min BOX
20:30	CICLO INDOOR	45 min 3
20:30	BODY ATTACK	45 min 1
20:30	BOXEO	45 min 4
20:30	CORE	15 min BOX
21:15	CORE	15 min BOX

18:00	CICLO INDOOR	45 min 3
18:15	BODY PUMP	45 min 1
18:15	CORE	45 min BOX
19:00	ZUMBA	45 min 1
19:00	CROSSTRAINING	45 min 4
19:00	CORE	15 min BOX
19:45	CICLO INDOOR	45 min 3
19:45	BODY PUMP	45 min 1
19:45	CORE	15 min BOX
20:30	CICLO INDOOR	45 min 3
20:30	GAP	45 min 1
20:30	KICK BOXING	45 min 4
20:30	CORE	15 min BOX
21:15	CORE	15 min BOX

18:00	JIU JITSU	1hr 4
18:15	PILATES	45 min 1
18:15	CORE	15 min BOX
19:00	CICLO INDOOR	45 min 3
19:00	BODY PUMP	45 min 1
19:00	CORE	15 min BOX
19:45	CICLO INDOOR	45 min 3
19:45	CROSSTRAINING	45 min 4
19:45	ZUMBA	45 min 1
19:45	CORE	15 min BOX
20:30	CICLO INDOOR	45 min 3
20:30	BODY ATTACK	45 min 1
20:30	BOXEO	45 min 4
20:30	CORE	15 min BOX
21:15	CORE	15 min BOX

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

**LES MILLS**

LES MILLS BODYATTACK

LES MILLS BODYBALANCE

LES MILLS BODYCOMBAT

LES MILLS BODYPUMP

TRX

