



HORARIO DE ACTIVIDADES SEPT 24 - MAYO 25

Donostia - San Sebastián

LUNES

	Actividad	🕒	💡
8:15	YOGA	45 min	1
9:00	CROSS TRAINING	45 min	1
9:45	ZUMBA	45 min	1
9:45			
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
14:30	CROSS TRAINING	45 min	BOX
15:15	CICLO INDOOR	45 min	3
16:00	CORE	15 min	BOX
17:30	GAP	45 min	1
18:15	CICLO INDOOR	45 min	3
18:15	ZUMBA	45 min	1
19:00	CROSS TRAINING	45 min	1
19:00	CORE	15 min	BOX
19:00			
19:45	CICLO INDOOR	45 min	3
19:45	BODY PUMP	45 min	1
19:45	CORE	15 min	BOX
20:30	GAP	45 min	1
20:30	CICLO INDOOR	45 min	3
21:15	CORE	15 min	BOX

MARTES

	Actividad	🕒	💡
8:15	GAP	45 min	1
9:00			
9:45	PILATES	45 min	1
9:45	CICLO INDOOR	45 min	3
10:30	CROSS TRAINING	45 min	1
10:30	CORE	15 min	BOX
11:15	ZUMBA	45 min	1
11:15	CORE	15 min	BOX
14:30	CICLO INDOOR	45 min	3
15:15	BODY PUMP	45 min	1
16:00	CORE	15 min	BOX
17:30	ZUMBA	45 min	1
18:15	PILATES	45 min	1
18:15			
19:00	CICLO INDOOR	45 min	3
19:00	BODY PUMP	45 min	1
19:00	CORE	15 min	BOX
19:00			
19:45	CROSS TRAINING	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	CORE	15 min	BOX
20:30	CICLO INDOOR	45 min	3
20:30	GAP	45 min	1
21:15	CORE	15 min	BOX

MIÉRCOLES

	Actividad	🕒	💡
8:15	YOGA	45 min	1
9:00	CROSS TRAINING	45 min	1
9:45	ZUMBA	45 min	1
9:45			
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
14:30	CROSS TRAINING	45 min	BOX
15:15	CICLO INDOOR	45 min	3
16:00	CORE	15 min	BOX
17:30	GAP	45 min	1
18:15	CICLO INDOOR	45 min	3
18:15	ZUMBA	45 min	1
19:00	CROSS TRAINING	45 min	1
19:00	CORE	15 min	BOX
19:00			
19:45	CICLO INDOOR	45 min	3
19:45	BODY PUMP	45 min	1
19:45	CORE	15 min	BOX
20:30	GAP	45 min	1
20:30	CICLO INDOOR	45 min	3
21:15	CORE	15 min	BOX

JUEVES

	Actividad	🕒	💡
8:15	GAP	45 min	1
9:00			
9:45	PILATES	45 min	1
9:45	CICLO INDOOR	45 min	3
10:30	CROSS TRAINING	45 min	1
10:30	CORE	15 min	BOX
11:15	ZUMBA	45 min	1
11:15	CORE	15 min	BOX
14:30	CICLO INDOOR	45 min	3
15:15	BODY PUMP	45 min	1
16:00	CORE	15 min	BOX
17:30	ZUMBA	45 min	1
18:15	PILATES	45 min	1
18:15			
19:00	CICLO INDOOR	45 min	3
19:00	BODY PUMP	45 min	1
19:00	CORE	15 min	BOX
19:00			
19:45	CROSS TRAINING	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	CORE	15 min	BOX
20:30	CICLO INDOOR	45 min	3
20:30	GAP	45 min	1
21:15	CORE	15 min	BOX

VIERNES

	Actividad	🕒	💡
9:00	CICLO INDOOR	45 min	3
9:45	CROSS TRAINING	45 min	1
10:30	GAP	45 min	1
11:15	CORE	15 min	BOX
11:30	YOGA	45 min	1
18:15	BODY PUMP	45 min	1
19:00	CICLO INDOOR	45 min	3

LesMILLS

LesMILLS BODYATTACK

LesMILLS BODYBALANCE

LesMILLS BODYPUMP

LesMILLS BODYCOMBAT



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