



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
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
20:30	CORE	15 min	BOX
21:15	CORE	15 min	BOX

MARTES

	Actividad	🕒	📍
8:15	GAP	45 min	1
9:00	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
19:45	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
20:30			
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
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
20:30	CORE	15 min	BOX
21:15	CORE	15 min	BOX

JUEVES

	Actividad	🕒	📍
8:15	GAP	45 min	1
9:00	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
19:45	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
20:30			
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
18:15	BODY PUMP	45 min	1
19:00	CICLO INDOOR	45 min	3

LesMILLS

LesMILLS
BODYATTACK

LesMILLS
BODYBALANCE

LesMILLS
BODYPUMP

LesMILLS
BODYCOMBAT

 **ZUMBA**

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