



HORARIO DE ACTIVIDADES SEPT 23 - MAYO 24

Guadalajara

LUNES

Actividad	🕒	📍
7:15	GAP	45 min 1
8:00	CICLO INDOOR	45 min 3
8:45	BODY PUMP	45 min 1
9:30	BODY BALANCE	45 min 1
9:30	CORE	15 min BOX
10:15	CROSS TRAINING	45 min BOX
10:15	CORE	15 min BOX
11:00	ZUMBA	45 min 1
11:00	CORE	15 min BOX

MARTES

Actividad	🕒	📍
7:15	CICLO INDOOR	45 min 3
8:00	CROSS TRAINING	45 min BOX
8:45	PILATES	45 min 1
9:30	BODY PUMP	45 min 1
9:30	CORE	15 min BOX
10:15	CICLO INDOOR	45 min 3
10:15	CORE	15 min BOX
11:00	ZUMBA	45 min 1
11:00	CORE	15 min BOX

MIÉRCOLES

Actividad	🕒	📍
7:15	GAP	45 min 1
8:00	CICLO INDOOR	45 min 3
8:45	BODY PUMP	45 min 1
9:30	BODY BALANCE	45 min 1
9:30	CORE	15 min BOX
10:15	CROSS TRAINING	45 min BOX
10:15	CORE	15 min BOX
11:00	ZUMBA	45 min 1
11:00	CORE	15 min BOX

JUEVES

Actividad	🕒	📍
7:15	CICLO INDOOR	45 min 3
8:00	CROSS TRAINING	45 min BOX
8:45	PILATES	45 min 1
9:30	BODY PUMP	45 min 1
9:30	CORE	15 min BOX
10:15	CICLO INDOOR	45 min 3
10:15	CORE	15 min BOX
11:00	ZUMBA	45 min 1
11:00	CORE	15 min BOX

VIERNES

Actividad	🕒	📍
9:30	BODY PUMP	45 min 1
10:15	CICLO INDOOR	45 min 3
11:00	CORE	15 min BOX
19:00	BODY PUMP	45 min 1
19:45	CICLO INDOOR	45 min 3

14:30	CICLO INDOOR	45 min 3
15:15	CORE	15 min BOX

14:30	CROSS TRAINING	45 min BOX
15:15	CORE	15 min BOX

14:30	CICLO INDOOR	45 min 3
15:15	CORE	15 min BOX

14:30	CROSS TRAINING	45 min BOX
15:15	CORE	15 min 1

SÁBADO

Actividad	🕒	📍
9:30	CROSS TRAINING	45 min BOX
10:15	CICLO INDOOR	45 min 3
11:00	BODY PUMP	45 min 1
11:45	CORE	15 min BOX

17:30	BODY BALANCE	45 min 1
17:30	CROSS TRAINING	45 min BOX
18:15	CICLO INDOOR	45 min 3
18:15	BODY COMBAT	45 min 1
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	ZUMBA	45 min 1
19:45	CORE	15 min BOX
20:30	CROSS TRAINING	45 min BOX
20:30	BODY PUMP	45 min 1
20:30	CORE	15 min BOX
21:15	CORE	15 min BOX

17:30	TRX	45 min 1
17:30	CICLO INDOOR	45 min 3
18:15	CICLO INDOOR	45 min 3
18:15	PILATES	45 min 1
19:00	CROSS TRAINING	45 min BOX
19:00	ZUMBA	45 min 1
19:00	CORE	15 min BOX
19:45	BODY PUMP	45 min 1
19:45	CORE	15 min BOX
20:30	CICLO INDOOR	45 min 3
20:30	CORE	15 min BOX
21:15	CORE	15 min BOX

17:30	BODY BALANCE	45 min 1
17:30	CROSS TRAINING	45 min BOX
18:15	CICLO INDOOR	45 min 3
18:15	BODY COMBAT	45 min 1
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	ZUMBA	45 min 1
19:45	CORE	15 min BOX
20:30	CROSS TRAINING	45 min BOX
20:30	BODY PUMP	45 min 1
20:30	CORE	15 min BOX
21:15	CORE	15 min BOX

17:30	TRX	45 min 1
17:30	CICLO INDOOR	45 min 3
18:15	CICLO INDOOR	45 min 3
18:15	PILATES	45 min 1
19:00	CROSS TRAINING	45 min BOX
19:00	ZUMBA	45 min 1
19:00	CORE	15 min BOX
19:45	BODY PUMP	45 min 1
19:45	CORE	15 min BOX
20:30	CICLO INDOOR	45 min 3
20:30	CORE	15 min BOX
21:15	CORE	15 min BOX

Posibilidad de leves cambios
Horario 100% actualizado siempre en
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LesMILLS

LesMILLS
BODYATTACK

LesMILLS
BODYBALANCE

LesMILLS
BODYPUMP

LesMILLS
BODYCOMBAT

TRX

ZUMBA