



HORARIO DE ACTIVIDADES SEPT 24 - MAYO 25

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	SALA
10:15	CROSS TRAINING	45 min	BOX
10:15	CORE	15 min	SALA
11:00	ZUMBA	45 min	1
11:00	CORE	15 min	SALA
14:30	CICLO INDOOR	45 min	3
15:15	CORE	15 min	SALA
17:30	BODY BALANCE	45 min	1
17:30	CICLO INDOOR	45 min	3
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	SALA
19:45	CICLO INDOOR	45 min	3
19:45	ZUMBA	45 min	1
19:45	CORE	15 min	SALA
20:30	CROSS TRAINING	45 min	BOX
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

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	SALA
10:15	CICLO INDOOR	45 min	3
10:15	CORE	15 min	SALA
11:00	ZUMBA	45 min	1
11:00	CORE	15 min	SALA
14:30	CROSS TRAINING	45 min	BOX
15:15	CORE	15 min	SALA
17:30	TRX	45 min	1
17:30	CICLO INDOOR	45 min	3
18:15	PILATES	45 min	1
18:15	CICLO INDOOR	45 min	3
19:00	ZUMBA	45 min	1
19:00	CROSS TRAINING	45 min	BOX
19:00	CORE	15 min	SALA
19:45	CICLO INDOOR	45 min	3
19:45	BODY PUMP	45 min	1
19:45	CORE	15 min	SALA
20:30	CICLO INDOOR	45 min	3
20:30	TRX	45 min	1
21:15	CORE	15 min	SALA

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	SALA
10:15	CROSS TRAINING	45 min	BOX
10:15	CORE	15 min	SALA
11:00	ZUMBA	45 min	1
11:00	CORE	15 min	SALA
14:30	CICLO INDOOR	45 min	3
15:15	CORE	15 min	SALA
17:30	BODY BALANCE	45 min	1
17:30	CICLO INDOOR	45 min	3
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	SALA
19:45	CICLO INDOOR	45 min	3
19:45	ZUMBA	45 min	1
19:45	CORE	15 min	SALA
20:30	CROSS TRAINING	45 min	BOX
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

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	SALA
10:15	CICLO INDOOR	45 min	3
10:15	CORE	15 min	SALA
11:00	ZUMBA	45 min	1
11:00	CORE	15 min	SALA
14:30	CROSS TRAINING	45 min	BOX
15:15	CORE	15 min	SALA
17:30	TRX	45 min	1
17:30	CICLO INDOOR	45 min	3
18:15	PILATES	45 min	1
18:15	CICLO INDOOR	45 min	3
19:00	ZUMBA	45 min	1
19:00	CROSS TRAINING	45 min	BOX
19:00	CORE	15 min	SALA
19:45	CICLO INDOOR	45 min	3
19:45	BODY PUMP	45 min	1
19:45	CORE	15 min	SALA
20:30	CICLO INDOOR	45 min	3
20:30	TRX	45 min	1
21:15	CORE	15 min	SALA

VIERNES

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

LesMILLS

LesMILLS **BODYATTACK**

LesMILLS **BODYBALANCE**

LesMILLS **BODYPUMP**

LesMILLS **BODYCOMBAT**



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