



HORARIO DE ACTIVIDADES SEPT 25 - MAYO 25

Itaroa

LUNES

	Actividad	🕒	💡
8:00	GAP	45 min	1
8:45	CROSS TRAINING	45 min	BOX
9:30	BODY PUMP	45 min	1
10:15	CICLO INDOOR	45 min	3
10:15	CORE	15 min	SALA
11:00	PILATES	45 min	1
11:00	CORE	15 min	0
14:30	BODY PUMP	45 min	1
15:15	CORE	15 min	1
17:30	BODY BALANCE	45 min	1
18:15	GAP	45 min	1
18:15	CICLO INDOOR	45 min	3
19:00	BODY PUMP	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	CORE	15 min	SALA
19:45	ZUMBA	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	CORE	15 min	SALA
20:30	BODY PUMP	45 min	1
20:30	CROSS TRAINING	45 min	BOX
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

MARTES

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

MIÉRCOLES

	Actividad	🕒	💡
8:00	GAP	45 min	1
8:45	CROSS TRAINING	45 min	BOX
9:30	BODY PUMP	45 min	1
10:15	CICLO INDOOR	45 min	3
10:15	CORE	15 min	SALA
11:00	PILATES	45 min	1
11:00	CORE	15 min	0
14:30	CROSS TRAINING	45 min	BOX
15:15	CORE	15 min	BOX
17:30	BODY BALANCE	45 min	1
18:15	GAP	45 min	1
18:15	CICLO INDOOR	45 min	3
19:00	BODY PUMP	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	CORE	15 min	SALA
19:45	ZUMBA	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	CORE	15 min	SALA
20:30	BODY PUMP	45 min	1
20:30	CROSS TRAINING	45 min	BOX
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

JUEVES

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

VIERNES

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

SÁBADO

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

LesMILLS

LesMILLS
BODYATTACK

LesMILLS
BODYBALANCE

LesMILLS
BODYPUMP

LesMILLS
BODYCOMBAT



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