



HORARIO DE ACTIVIDADES OCT 24 - MAYO 25

Irún - Aduana

LUNES

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

MARTES

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

MIÉRCOLES

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

JUEVES

Actividad	🕒	📍
8:00	YOGA 45 min 1	
8:15		
9:00	PILATES 45 min 1	
9:45	CICLO INDOOR 45 min 3	
9:45	CORE 15 min SALA	
10:30	BODY PUMP 45 min 1	
10:30	CORE 15 min SALA	
11:15	BODY COMBAT 45 min 1	
14:30	CICLO INDOOR 45 min 3	
15:15	CORE 15 min SALA	
17:30	YOGA 45 min 1	
18:15	CROSS TRAINING 45 min BOX	
18:15		
19:00	PILATES 45 min 1	
19:00	CORE 15 min SALA	
19:00		
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	GAP 45 min 1	
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	CROSS TRAINING 45 min BOX	

LES MILLS

LES MILLS BODYATTACK

LES MILLS BODYBALANCE

LES MILLS BODYPUMP

LES MILLS BODYCOMBAT

