



HORARIO DE ACTIVIDADES SEPT 25 - MAYO 26

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

SÁBADO

	Actividad		
9:45	GAP	45 min	3
10:30	CROSS TRAINING	45 min	BOX

LesMILLS

LesMILLS
BODYATTACK

LesMILLS
BODYBALANCE

LesMILLS
BODYPUMP

LesMILLS
BODYCOMBAT



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