



# HORARIO DE ACTIVIDADES SEP 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
9:45		
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 COMBAT 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
9:45		
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		
18:15	PILATES 45 min	BOX
18:15		
19:00	CROSS TRAINING 45 min	BOX
19:00	CORE 15 min	SALA
19:00	ZUMBA 45 min	1
19:45	CICLO INDOOR 45 min	3
19:45	BODY PUMP 45 min	1
19:45	CORE 15 min	SALA
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
9:45		
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 COMBAT 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
9:45		
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
18:15		
19:00	CROSS TRAINING 45 min	BOX
19:00	CORE 15 min	SALA
19:00	ZUMBA 45 min	1
19:45	CICLO INDOOR 45 min	3
19:45	BODY PUMP 45 min	1
19:45	CORE 15 min	SALA
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
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



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