



# HORARIO DE ACTIVIDADES JUN 24 - AGOS 24

## Irún

### LUNES

Actividad	🕒	📍
8:00		
8:15	YOGA 45 min	ZEN
8:45	GAP 45 min	1
9:30	ZUMBA 45 min	1
10:15	BODY PUMP 45 min	1
10:15	CORE 15 min	SALA
11:00	CICLO INDOOR 45 min	3
11:00	CORE 15 min	SALA
14:00	JU - JITSU 60 min	4
14:30	CICLO INDOOR 45 min	3
15:15	CORE 15 min	SALA
17:30	GAP 45 min	1
18:15	CICLO INDOOR 45 min	3
18:15	BODY PUMP 45 min	1
19:00	PILATES 45 min	ZEN
19:00	CROSS TRAINING 45 min	BOX
19:00	CORE 15 min	SALA
19:30	JU - JITSU 60 min	4
19:45	CICLO INDOOR 45 min	3
19:45	ZUMBA 45 min	1
19:45	CORE 15 min	SALA
20:30	CICLO INDOOR 45 min	3
20:30	BODY PUMP 45 min	1
20:30	KICK BOXING 60 min	4
21:15	CORE 15 min	SALA

### MARTES

Actividad	🕒	📍
8:00	BODY PUMP 45 min	1
8:15		
8:45	PILATES 45 min	ZEN
9:30	CICLO INDOOR 45 min	3
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
14:00		
14:30	BODY PUMP 45 min	1
15:15	CORE 15 min	SALA
17:30	CICLO INDOOR 45 min	3
18:15	PILATES 45 min	ZEN
18:15	GAP 45 min	1
19:00	CICLO INDOOR 45 min	3
19:00	BODY PUMP 45 min	1
19:00	CORE 15 min	SALA
19:30		
19:45	CICLO INDOOR 45 min	3
19:45	CROSS TRAINING 45 min	BOX
19:45	CORE 15 min	SALA
20:30	BODY COMBAT 45 min	1
20:30	BOXEO' 60 min	4
20:30		
21:15	CORE 15 min	SALA

### MIÉRCOLES

Actividad	🕒	📍
8:00		
8:15	YOGA 45 min	ZEN
8:45	GAP 45 min	1
9:30	ZUMBA 45 min	1
10:15	BODY PUMP 45 min	1
10:15	CORE 15 min	SALA
11:00	CICLO INDOOR 45 min	3
11:00	CORE 15 min	SALA
14:00	JU - JITSU 60 min	4
14:30	CICLO INDOOR 45 min	3
15:15	CORE 15 min	SALA
17:30	GAP 45 min	1
18:15	CICLO INDOOR 45 min	3
18:15	BODY PUMP 45 min	1
19:00	PILATES 45 min	ZEN
19:00	CROSS TRAINING 45 min	BOX
19:00	CORE 15 min	SALA
19:30	JU - JITSU 60 min	4
19:45	CICLO INDOOR 45 min	3
19:45	ZUMBA 45 min	1
19:45	CORE 15 min	SALA
20:30	CICLO INDOOR 45 min	3
20:30	BODY PUMP 45 min	1
20:30	KICK BOXING 60 min	4
21:15	CORE 15 min	SALA

### JUEVES

Actividad	🕒	📍
8:00	BODY PUMP 45 min	1
8:15		
8:45	PILATES 45 min	ZEN
9:30	CICLO INDOOR 45 min	3
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
14:00		
14:30	BODY PUMP 45 min	1
15:15	CORE 15 min	SALA
17:30	CICLO INDOOR 45 min	3
18:15	PILATES 45 min	ZEN
18:15	GAP 45 min	1
19:00	CICLO INDOOR 45 min	3
19:00	BODY PUMP 45 min	1
19:00	CORE 15 min	SALA
19:30		
19:45	CICLO INDOOR 45 min	3
19:45	CROSS TRAINING 45 min	BOX
19:45	CORE 15 min	SALA
20:30	BODY COMBAT 45 min	1
20:30	BOXEO' 60 min	4
20:30		
21:15	CORE 15 min	SALA

### VIERNES

Actividad	🕒	📍
9:30	CICLO INDOOR 45 min	3
10:15	BODY PUMP 45 min	1
18:15	BODY PUMP 45 min	1
19:00	CICLO INDOOR 45 min	3

### SÁBADO

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

**LesMILLS**

LesMILLS **BODYATTACK**

LesMILLS **BODYBALANCE**

LesMILLS **BODYPUMP**

LesMILLS **BODYCOMBAT**

TRX

ZUMBA