



# HORARIO DE ACTIVIDADES SEPT 24 - MAYO 25

## Irun - Letxumborro

### LUNES

	Actividad	🕒	📍
8:00	CICLO INDOOR	45 min	3
8:15	YOGA	45 min	ZEN
8:45	GAP	45 min	1
9:30	ZUMBA	45 min	1
9:30			
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	BODY BALANCE	45 min	ZEN
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
20:30	CORE	15 min	SALA
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
9:30	BOXEO	60 min	4
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	E. FUNCIONAL	45 min	BOX
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	ZUMBA	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	BODY PUMP	45 min	1
19:45	CORE	15 min	SALA
20:30	CICLO INDOOR	45 min	3
20:30	BODY COMBAT	45 min	1
20:30	BOXEO	60 min	4
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

### MIÉRCOLES

	Actividad	🕒	📍
8:00	CICLO INDOOR	45 min	3
8:15	YOGA	45 min	ZEN
8:45	GAP	45 min	1
9:30	ZUMBA	45 min	1
9:30			
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	BODY BALANCE	45 min	ZEN
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
20:30	CORE	15 min	SALA
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
9:30	BOXEO	60 min	4
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	JU - JITSU	60 min	4
14:30	E. FUNCIONAL	45 min	BOX
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	ZUMBA	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	BODY PUMP	45 min	1
19:45	CORE	15 min	SALA
20:30	CICLO INDOOR	45 min	3
20:30	BODY COMBAT	45 min	1
20:30	BOXEO	60 min	4
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

### VIERNES

	Actividad	🕒	📍
8:45	CROSS TRAINING	45 min	BOX
9:30	CICLO INDOOR	45 min	3
11:00	BODY PUMP	45 min	1
17:30	CROSS TRAINING	45 min	BOX
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	BODY PUMP	45 min	1

# LES MILLS

## LES MILLS BODYATTACK

## LES MILLS BODYBALANCE

## LES MILLS BODYPUMP

## LES MILLS BODYCOMBAT

