



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		
9:30		
10:15	BODY PUMP 45 min 1	
10:15	CORE 15 min SALA	
11:00	ZUMBA 45 min 1	
11:00	CORE 15 min SALA	
11:00	CROSS TRAINING 45 min BOX	
14:00	JU - JITSU 60 min 4	
14:30	CICLO INDOOR 45 min 3	
15:15	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	
11:00		
14:00		
14:30	CROSS TRAINING 45 min BOX	
15:15	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		
9:30		
10:15	BODY PUMP 45 min 1	
10:15	CORE 15 min SALA	
11:00	ZUMBA 45 min 1	
11:00	CORE 15 min SALA	
11:00	CROSS TRAINING 45 min BOX	
14:00	JU - JITSU 60 min 4	
14:30	CICLO INDOOR 45 min 3	
15:15	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	
11:00		
14:00	JU - JITSU 60 min 4	
14:30	CROSS TRAINING 45 min BOX	
15:15	CORE 15 min SALA	

VIERNES

Actividad	🕒	💡
8:45	CROSS TRAINING 45 min BOX	
9:30	CICLO INDOOR 45 min 3	
10:15	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	

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	YOGA 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	

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	

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	YOGA 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	

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	



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