



HORARIO DE ACTIVIDADES JUN 25 - AGOS 25

Irun - Letxumborro

LUNES

	Actividad		
8:00	CICLO INDOOR	45 min	3
8:15	YOGA	45 min	ZEN
8:45	CROSS TRAINING	45 min	BOX
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	YOGA	45 min	ZEN
19:45	CORE	15 min	SALA
20:30	BODY PUMP	45 min	1
20:30	KICK BOXING	60 min	4
20:30	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			
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	CROSS TRAINING	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	BODY COMBAT	45 min	1
20:30	BOXEO	60 min	4
20:30	CORE	15 min	SALA

MIÉRCOLES

	Actividad		
8:00	CICLO INDOOR	45 min	3
8:15	YOGA	45 min	ZEN
8:45	CROSS TRAINING	45 min	BOX
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	YOGA	45 min	ZEN
19:45	CORE	15 min	SALA
20:30	BODY PUMP	45 min	1
20:30	KICK BOXING	60 min	4
20:30	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	0:00	#####	0
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	CROSS TRAINING	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	BODY COMBAT	45 min	1
20:30	BOXEO	60 min	4
20:30	CORE	15 min	SALA

VIERNES

	Actividad		
9:30	CICLO INDOOR	45 min	3
10:15	BODY PUMP	45 min	1
17:30	CROSS TRAINING	45 min	BOX
18:15	BODY COMBAT	45 min	1

SÁBADO

	Actividad		
9:30	CROSS TRAINING	45 min	BOX
10:15	BODY PUMP	45 min	1

LesMILLS

**LesMILLS
BODYATTACK**

**LesMILLS
BODYBALANCE**

**LesMILLS
BODYPUMP**

**LesMILLS
BODYCOMBAT**



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