



HORARIO DE ACTIVIDADES SEPT 25 - MAYO 26

Irun - Letxumborro

LUNES

Actividad				🕒	💡
8:00	CICLO INDOOR	45 min	3		
8:15	YOGA	45 min	ZEN		
8:45	CROSS TRAINING	45 min	1		
9:30	PILATES	45 min	0		
9:30					
10:15	BODY PUMP	45 min	1		
10:15	CORE	15 min	SALA		
11:00	CORE	15 min	SALA		
11:00	CICLO INDOOR	45 min	3		
14:00	JU - JITSU	60 min	4		
14:30	CICLO INDOOR	45 min	3		
15:15	CORE	15 min	SALA		
17:15					
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	0:00	#####	0		
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	CROSS TRAINING	45 min	BOX		
15:15	CORE	15 min	SALA		
17:15	CROSS TRAINING	45 min	0		
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	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		
20:30					
21:15	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	1		
9:30	BODY BALANCE	45 min	0		
9:30					
10:15	BODY PUMP	45 min	1		
10:15	CORE	15 min	SALA		
11:00	CORE	15 min	SALA		
11:00	CICLO INDOOR	45 min	3		
14:00	JU - JITSU	60 min	4		
14:30	CICLO INDOOR	45 min	3		
15:15	CORE	15 min	SALA		
17:15					
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		
20:30					
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	CROSS TRAINING	45 min	BOX		
15:15	CORE	15 min	SALA		
17:15	CROSS TRAINING	45 min	0		
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	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		
20:30					
21:15	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 COMBAT	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		

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