



# 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
9:00		
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		
14:50	CICLO INDOOR	45 min 3
15:15		
15:35	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
18:15	YOGA	45 min ZEN
19:00	PILATES	45 min ZEN
19:00	BODY COMBAT	45 min BOX
19:00	CORE	15 min SALA
19:30	JU - JITSU	60 min 4
19:45	CROSS TRAINING	45 min BOX
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

## MARTES

Actividad	🕒	📍
8:00	BODY PUMP	45 min 1
8:15		
8:45		
9:00	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
14:50		
15:15	CORE	15 min SALA
15:35		
17:15	CROSS TRAINING	45 min BOX
17:30	CICLO INDOOR	45 min 3
18:15	PILATES	45 min ZEN
18:15	GAP	45 min 1
18:15		
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
19:45		
20:30	BOXEO	60 min 4

## MIÉRCOLES

Actividad	🕒	📍
8:00	CICLO INDOOR	45 min 3
8:15	YOGA	45 min ZEN
8:45	CROSS TRAINING	45 min 1
9:00		
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		
14:50	CICLO INDOOR	45 min 3
15:15		
15:35	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
18:15	YOGA	45 min ZEN
19:00	PILATES	45 min ZEN
19:00	BODY COMBAT	45 min BOX
19:00	CORE	15 min SALA
19:30	JU - JITSU	60 min 4
19:45	CROSS TRAINING	45 min BOX
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

## JUEVES

Actividad	🕒	📍
8:00	BODY PUMP	45 min 1
8:15		
8:45		
9:00	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
14:50		
15:15	CORE	15 min SALA
15:35		
17:15	CROSS TRAINING	45 min BOX
17:30	CICLO INDOOR	45 min 3
18:15	PILATES	45 min ZEN
18:15	GAP	45 min 1
18:15		
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
19:45		
20:30	BOXEO	60 min 4

## 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**

