



HORARIO DE ACTIVIDADES JUL 26 - SEPT 26

Irun-Letxumborro

LUNES

Actividad	🕒	📍
8:00 CICLO INDOOR	45 min	3
8:15 YOGA	45 min	1
8:45 CROSS TRAINING	45 min	BOX
9:30 CICLO INDOOR	45 min	3
10:30 CORE	15min	BOX
11:30 CORE	15min	BOX
13:30 JIU-JITSU	1 h	TATAMI
16:15 PILATES	45 min	1
17:15 BODY PUMP	45 min	1
18:00 CICLO INDOOR	45 min	3
18:15 BODY COMBAT	45 min	1
19:00 CICLO INDOOR	45 min	3
19:15 CROSS TRAINING	45 min	BOX
19:30 ZUMBA	45 min	1
19:30 JIU-JITSU	1 h	TATAMI
20:30 BODY PUMP	45 min	1
20:45 KICK BOXING	1 h	TATAMI

MARTES

Actividad	🕒	📍
8:00 BODY PUMP	45 min	1
9:00 BOXEO	1h	TATAMI
9:15 PILATES	45 min	1
9:30 CICLO INDOOR	45 min	3
10:15 CROSS TRAINING	45 min	BOX
11:00 CORE		BOX
17:15 CROSS TRAINING	45 min	BOX
17:45 BODY PUMP	45 min	1
18:45 PILATES	45 min	1
19:15 CICLO INDOOR	45 min	3
19:45 ZUMBA	45 min	1
20:15 CICLO INDOOR	45 min	3

MIÉRCOLES

Actividad	🕒	📍
8:00 CICLO INDOOR	45 min	3
8:15 YOGA	45 min	1
8:45 CROSS TRAINING	45 min	BOX
10:30 CICLO INDOOR	45 min	3
10:30 CORE	15min	BOX
11:30 CORE	15min	BOX
13:30 JIU-JITSU	1 h	TATAMI
16:15 PILATES	45 min	1
17:15 BODY PUMP	45 min	1
18:00 CICLO INDOOR	45 min	3
18:15 BODY COMBAT	45 min	1
19:00 CICLO INDOOR	45 min	3
19:15 CROSS TRAINING	45 min	BOX
19:30 ZUMBA	45 min	1
19:30 JIU-JITSU	1 h	TATAMI
20:30 BODY PUMP	45 min	1
20:45 KICK BOXING	1 h	TATAMI

JUEVES

Actividad	🕒	📍
8:00 BODY PUMP	45 min	1
9:00 BOXEO	1h	TATAMI
9:15 PILATES	45 min	1
9:30 CICLO INDOOR	45 min	3
10:15 CROSS TRAINING	45 min	BOX
13:30 JIU-JITSU	45 min	TATAMI
17:15 CROSS TRAINING	45 min	BOX
17:45 BODY PUMP	45 min	1
18:45 PILATES	45 min	1
19:15 CICLO INDOOR	45 min	45 min
19:45 ZUMBA	45 min	1
20:15 CICLO INDOOR	45 min	45 min

VIERNES

Actividad	🕒	📍
9:30 CICLO INDOOR	45 min	3
17:15 CROSS TRAINING	45 min	BOX
18:15 CICLO INDOOR	45 min	3

SABADO

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

LesMILLS

LesMILLS
BODYATTACK

LesMILLS
BODYBALANCE

LesMILLS
BODYPUMP

LesMILLS
BODYCOMBAT

ZUMBA