



HORARIO DE ACTIVIDADES

Jaca

junio 21 - agosto 21

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
ACTIVIDAD	⌚	SALA	ACTIVIDAD	⌚	SALA	ACTIVIDAD	⌚	SALA	ACTIVIDAD	⌚	SALA	ACTIVIDAD	⌚	SALA
BODY PUMP	45m	1	ZUMBA	45m	1	BODY PUMP	45m	1	ZUMBA	45m	1	CICLO INDOOR	45m	3
CICLO INDOOR	45m	3	PILATES	45m	1	CICLO INDOOR	45m	3	PILATES	45m	1	CROSSTRaining	45m	BOX
CROSSTRaining	45m	BOX	TRX	45m	BOX	CROSSTRaining	45m	BOX	TRX	45m	BOX	CORE	15m	BOX
CORE	15m	BOX	CORE	15m	BOX	CORE	15m	BOX	CORE	15m	BOX			
TRX	45m	1	PILATES	45m	1	TRX	45m	1	PILATES	45m	1			
CICLO INDOOR	45m	3	BODY PUMP	45m	1	CICLO INDOOR	45m	3	BODY PUMP	45m	1			
CORE	15m	1	CORE	15m	1	CORE	15m	1	CORE	15m	1			
			KICK BOXING	1h15m	TATAMI				KICK BOXING	1h15m	TATAMI			
CICLO INDOOR	45m	3	CROSSTRaining	45m	BOX	CICLO INDOOR	45m	3	CROSSTRaining	45m	BOX			
ZUMBA	45m	1	ZUMBA	45m	1	ZUMBA	45m	1	ZUMBA	45m	1			
CORE	15m	BOX	CORE	15m	BOX	CORE	15m	BOX	CORE	15m	BOX			
CROSSTRaining	45m	BOX	CICLO INDOOR	45m	3	CROSSTRaining	45m	BOX	CICLO INDOOR	45m	3			
BODY PUMP	45m	1	BODY PUMP	45m	1	BODY PUMP	45m	1	BODY PUMP	45m	1			
			MMA	1h15m	TATAMI				MMA	1h15m	TATAMI			
CORE	15m	BOX	CORE	15m	BOX	CORE	15m	BOX	CORE	15m	BOX			

Posibilidad de leves cambios. Horario 100% actualizado siempre en nuestra App Sparta Sport Center
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LesMILLS

LesMILLS **BODYATTACK**

LesMILLS **BODYBALANCE**

LesMILLS **BODYCOMBAT**

LesMILLS **BODYPUMP**

TRX

ZUMBA