



HORARIO DE ACTIVIDADES SEPT 24 - MAYO 25

Jaca

LUNES

Actividad	🕒	💡
9:30 BODY PUMP	45 min 1	
10:15 CICLO INDOOR	45 min 3	
10:15 CORE	15 min BOX	
11:00 CROSS TRAINING	45 min BOX	
11:00 CORE	15 min SALA	
17:15		
18:00		
18:15 ZUMBA	45 min 1	
19:00 PILATES	45 min 1	
19:00 CICLO INDOOR	45 min 3	
19:00 CORE	15 min BOX	
19:45 BODY COMBAT	45 min 1	
20:30 BODY PUMP	45 min 1	
20:30 CORE	15 min SALA	
21:15 CORE	15 min 1	

MARTES

Actividad	🕒	💡
9:30 ZUMBA	45 min 1	
10:15 PILATES	45 min 1	
10:15 CORE	15 min BOX	
11:00 YOGA	45 min BOX	
11:00 CORE	15 min SALA	
17:15 ARTE MARCIAL INF	45 min T	
18:00 KICK BOXING-MMA	60 min T	
18:15 YOGA	45 min 1	
19:00 ZUMBA	45 min 1	
19:00 CICLO INDOOR	45 min 3	
19:00 JIU JITSU	60 min T	
19:00 CORE	15 min BOX	
19:45 BODY PUMP	45 min 1	
20:30 CROSS TRAINING	45 min BOX	
20:30 CORE	15 min SALA	
21:15 CORE	15 min 1	

MIÉRCOLES

Actividad	🕒	💡
9:30 BODY PUMP	45 min 1	
10:15 CICLO INDOOR	45 min 3	
10:15 CORE	15 min BOX	
11:00 CROSS TRAINING	45 min BOX	
11:00 CORE	15 min SALA	
17:15		
18:00		
18:15 ZUMBA	45 min 1	
19:00 PILATES	45 min 1	
19:00 CICLO INDOOR	45 min 3	
19:00 CORE	15 min BOX	
19:45 BODY COMBAT	45 min 1	
20:30 BODY PUMP	45 min 1	
20:30 CORE	15 min SALA	
21:15 CORE	15 min 1	

JUEVES

Actividad	🕒	💡
9:30 ZUMBA	45 min 1	
10:15 PILATES	45 min 1	
10:15 CORE	15 min BOX	
11:00 YOGA	45 min BOX	
11:00 CORE	15 min SALA	
17:15 ARTE MARCIAL INF	45 min T	
18:00 KICK BOXING-MMA	60 min T	
18:15 YOGA	45 min 1	
19:00 ZUMBA	45 min 1	
19:00 CICLO INDOOR	45 min 3	
19:00 JIU JITSU	60 min T	
19:00 CORE	15 min BOX	
19:45 BODY PUMP	45 min 1	
20:30 CROSS TRAINING	45 min BOX	
20:30 CORE	15 min SALA	
21:15 CORE	15 min 1	

VIERNES

Actividad	🕒	💡
9:30 BODY PUMP	45 min 1	
10:15 CICLO INDOOR	45 min 3	
11:00 CORE	15 min BOX	

LesMILLS

LesMILLS **BODYATTACK**

LesMILLS **BODYBALANCE**

LesMILLS **BODYPUMP**

LesMILLS **BODYCOMBAT**

