



## HORARIO DE ACTIVIDADES SEPT 26

### JACA

#### LUNES

| Actividad |           |        |   | 🕒 | 📍 |
|-----------|-----------|--------|---|---|---|
| 18:15     | ZUMBA     | 45 min | 1 |   |   |
| 19:00     | PILATES   | 45 min | 1 |   |   |
| 19:00     | CYCLING   | 45 min | 3 |   |   |
| 19:45     | V - FIGHT | 45 min | 1 |   |   |
| 20:30     | V - POWER | 45 min | 1 |   |   |

#### MARTES

| Actividad |          |        |   | 🕒 | 📍 |
|-----------|----------|--------|---|---|---|
| 9:30      | ZUMBA    | 45 min | 1 |   |   |
| 10:15     | PILATES  | 45 min | 1 |   |   |
| 11:00     | V - YOGA | 45 min | 1 |   |   |

|       |           |        |        |  |  |
|-------|-----------|--------|--------|--|--|
| 18:15 | V - YOGA  | 45 min | BOX    |  |  |
| 19:00 | PILATES   | 45 min | 1      |  |  |
| 19:00 | CYCLING   | 45 min | 45 min |  |  |
| 19:45 | V - FIGHT | 45 min | 1      |  |  |
| 20:30 | V - CROSS | 45 min | BOX    |  |  |

#### MIÉRCOLES

| Actividad |           |        |   | 🕒 | 📍 |
|-----------|-----------|--------|---|---|---|
| 18:15     | ZUMBA     | 45 min | 1 |   |   |
| 19:00     | PILATES   | 45 min | 1 |   |   |
| 19:00     | CYCLING   | 45 min | 3 |   |   |
| 19:45     | V - FIGHT | 45 min | 1 |   |   |
| 20:30     | V - POWER | 45 min | 1 |   |   |

#### JUEVES

| Actividad |          |        |   | 🕒 | 📍 |
|-----------|----------|--------|---|---|---|
| 9:30      | ZUMBA    | 45 min | 1 |   |   |
| 10:15     | PILATES  | 45 min | 1 |   |   |
| 11:00     | V - YOGA | 45 min | 1 |   |   |

|       |           |        |        |  |  |
|-------|-----------|--------|--------|--|--|
| 18:15 | V - YOGA  | 45 min | 1      |  |  |
| 19:00 | PILATES   | 45 min | 1      |  |  |
| 19:00 | CYCLING   | 45 min | 45 min |  |  |
| 19:45 | V - FIGHT | 45 min | 1      |  |  |
| 20:30 | V - CROSS | 45 min | BOX    |  |  |

#### VIERNES

Posibilidad de leves cambios | Horario 100% actualizado siempre en nuestra App Sparta Sport Center | [jaca@spartasportcenter.com](mailto:jaca@spartasportcenter.com)