



# HORARIO DE ACTIVIDADES

Logroño

junio 21 - agosto 21

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
ACTIVIDAD	⌚	SALA	ACTIVIDAD	⌚	SALA	ACTIVIDAD	⌚	SALA	ACTIVIDAD	⌚	SALA	ACTIVIDAD	⌚	SALA
BODY PUMP	45m	1	CICLO INDOOR	45m	3	BODY PUMP	45m	1	CICLO INDOOR	45m	3	CICLO INDOOR	45m	3
			PILATES	45m	4				PILATES	45m	4			
ZUMBA	45m	1	PILATES	45m	4	ZUMBA	45m	1	PILATES	45m	4	BODY COMBAT	45m	2
CICLO INDOOR	45m	3	CORE	15m	4	CICLO INDOOR	45m	3	CORE	15m	4			
CORE	15m	4	BODY PUMP	45m	1	CORE	15m	4	BODY PUMP	45m	1	BODY PUMP	45m	1
YOGA	45m	4	ZUMBA	45m	1	YOGA	45m	4	ZUMBA	45m	1			
CORE	15m	4	CORE	15m	4	CORE	15m	1	CORE	15m	4	CORE	15m	1
CICLO INDOOR	45m	3	BODY PUMP	45m	1	CICLO INDOOR	45m	3	BODY PUMP	45m	BOX			
CORE	15m	1	CORE	15m	1	CORE	15m	1	CORE	15m	1			
			PILATES	45m	4				PILATES	45m	4			
BODY BALANCE	45m	1	PILATES	45m	4	BODY BALANCE	45m	4	PILATES	45m	4	CICLO INDOOR	45m	3
CICLO INDOOR	45m	3	CICLO INDOOR	45m	3	CICLO INDOOR	45m	3	CICLO INDOOR	45m	3			
ZUMBA	45m	1	E. FUNCIONAL	45m	1	ZUMBA	45m	1	E. FUNCIONAL	45m	1			
CORE	15m	4	CORE	15m	4	CORE	15m	4	CORE	15m	4	BODY PUMP	45m	1
CICLO INDOOR	45m	3	CICLO INDOOR	45m	3	CICLO INDOOR	45m	3	CICLO INDOOR	45m	3			
BODY PUMP	45m	1	ZUMBA	45m	1	BODY PUMP	45m	1	ZUMBA	45m	1			
CORE	15m	4	CORE	15m	4	CORE	15m	4	CORE	15m	4	CORE	15m	1
CICLO INDOOR	45m	3	CICLO INDOOR	45m	3	CICLO INDOOR	45m	3						
E. FUNCIONAL	45m	1	BODY PUMP	45m	1	E. FUNCIONAL	45m	1	BODY PUMP	45m	1			
CORE	15m	1	CORE	15m	1	CORE	15m	1	CORE	15m	1			

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