



HORARIO DE ACTIVIDADES SEPT 25 - MAYO 26

Logroño

LUNES

	Actividad		
8:15			
9:00	BODY PUMP	45 min	1
9:00			
9:45	GAP	45 min	1
9:45	CORE	15 min	BOX
10:30	CICLO INDOOR	45 min	3
10:30	ZUMBA	45 min	1
10:30	CORE	15 min	BOX
11:15	YOGA	45 min	1
11:15			
14:30	CICLO INDOOR	45 min	3
15:15	CORE	15 min	1
17:30	GAP	45 min	1
18:15	CICLO INDOOR	45 min	3
18:15	PILATES	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	BODY BALANCE	45 min	1
19:00	CORE	15 min	BOX
19:45	ZUMBA	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	CORE	15 min	BOX
20:30	CROSS TRAINING	45 min	BOX
20:30	BODY PUMP	45 min	1
20:30			
21:15	CORE	15 min	BOX

MARTES

	Actividad		
8:15	YOGA	45 min	1
9:00	PILATES	45 min	1
9:00	CICLO INDOOR	45 min	3
9:45	PILATES	45 min	1
9:45	CROSS TRAINING	45 min	BOX
10:30	BODY PUMP	45 min	1
10:30	CORE	15 min	BOX
10:30			
11:15	ZUMBA	45 min	1
11:15	CORE	15 min	BOX
14:30	BODY PUMP	45 min	1
15:15	CORE	15 min	1
17:30	PILATES	45 min	1
18:15	CROSS TRAINING	45 min	3
18:15	ZUMBA	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	BODY COMBAT	45 min	1
19:00	CORE	15 min	BOX
19:45	CICLO INDOOR	45 min	3
19:45	BODY PUMP	45 min	1
19:45	CORE	15 min	BOX
20:30	CICLO INDOOR	45 min	3
20:30	GAP	45 min	1
20:30	CORE	15 min	BOX
21:15	CORE	15 min	BOX

MIÉRCOLES

	Actividad		
8:15			
9:00	BODY PUMP	45 min	1
9:00			
9:45	GAP	45 min	1
9:45	CORE	15 min	BOX
10:30	CICLO INDOOR	45 min	3
10:30	ZUMBA	45 min	1
10:30	CORE	15 min	BOX
11:15	YOGA	45 min	1
11:15			
14:30	CICLO INDOOR	45 min	3
15:15	CORE	15 min	1
17:30	GAP	45 min	1
18:15	CICLO INDOOR	45 min	3
18:15	PILATES	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	BODY BALANCE	45 min	1
19:00	CORE	15 min	BOX
19:45	ZUMBA	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	CORE	15 min	BOX
20:30	CROSS TRAINING	45 min	BOX
20:30	BODY PUMP	45 min	1
20:30			
21:15	CORE	15 min	BOX

JUEVES

	Actividad		
8:15	YOGA	45 min	1
9:00	PILATES	45 min	1
9:00	CICLO INDOOR	45 min	3
9:45	PILATES	45 min	1
9:45	CROSS TRAINING	45 min	BOX
10:30	BODY PUMP	45 min	1
10:30	CORE	15 min	BOX
10:30			
11:15	ZUMBA	45 min	1
11:15	CORE	15 min	BOX
14:30	CROSS TRAINING	45 min	BOX
15:15	CORE	15 min	BOX
17:30	PILATES	45 min	1
18:15	CROSS TRAINING	45 min	3
18:15	ZUMBA	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	BODY COMBAT	45 min	1
19:00	CORE	15 min	BOX
19:45	CICLO INDOOR	45 min	3
19:45	BODY PUMP	45 min	1
19:45	CORE	15 min	BOX
20:30	CICLO INDOOR	45 min	3
20:30	GAP	45 min	1
20:30	CORE	15 min	BOX
21:15	CORE	15 min	BOX

VIERNES

	Actividad		
9:00	CICLO INDOOR	45 min	3
9:45	GAP	45 min	1
10:30	BODY PUMP	45 min	1
11:15	CORE	15 min	BOX
18:15	CICLO INDOOR	45 min	3
19:00	BODY PUMP	45 min	1
19:45	CORE	15 min	BOX

SÁBADO

	Actividad		
9:45	CICLO INDOOR	45 min	3
10:30	BODY PUMP	45 min	1

LesMILLS

**LesMILLS
BODYATTACK**

**LesMILLS
BODYBALANCE**

**LesMILLS
BODYPUMP**

**LesMILLS
BODYCOMBAT**



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