



HORARIO DE ACTIVIDADES JUL - AGO 26

Logroño Estación

LUNES

Actividad			
9:00	BODY PUMP	45 min	1
9:45	GAP	45 min	1
10:30	CICLO INDOOR	45 min	3
10:30	ZUMBA	45 min	1

17:30	GAP	45 min	1
18:15	CICLO INDOOR	45 min	3
19:00	CICLO INDOOR	45 min	3
19:45	ZUMBA	45 min	1
19:45	CICLO INDOOR	45 min	3
20:30	CROSS TRAINING	45 min	BOX

MARTES

9:00	CICLO INDOOR	45 min	3
9:45	CROSS TRAINING	45 min	BOX
10:30	BODY PUMP	45 min	1
11:15	ZUMBA	45 min	1

18:15	CROSS TRAINING	45 min	BOX
18:15	ZUMBA	45 min	1
19:00	CICLO INDOOR	45 min	3
19:45	BODY PUMP	45 min	1
20:30	CICLO INDOOR	45 min	3

MIÉRCOLES

9:00	BODY PUMP	45 min	1
9:45	GAP	45 min	1
10:30	CICLO INDOOR	45 min	3
10:30	ZUMBA	45 min	1

17:30	GAP	45 min	1
18:15	CICLO INDOOR	45 min	3
19:00	CICLO INDOOR	45 min	3
19:45	ZUMBA	45 min	1
19:45	CICLO INDOOR	45 min	3
20:30	CROSS TRAINING	45 min	BOX

JUEVES

9:00	CICLO INDOOR	45 min	3
9:45	CROSS TRAINING	45 min	BOX
10:30	BODY PUMP	45 min	1
11:15	ZUMBA	45 min	1

17:30	CROSS TRAINING	45 min	BOX
18:15	ZUMBA	45 min	1
19:00	CICLO INDOOR	45 min	3
19:45	BODY PUMP	45 min	1
20:30	CICLO INDOOR	45 min	3

VIERNES

9:00	CICLO INDOOR	45 min	3
9:45	GAP	45 min	1

18:15	CICLO INDOOR	60 min	3
19:00	BODY PUMP	60 min	1

LesMILLS
 LesMILLS BODYATTACK
 LesMILLS BODYBALANCE
 LesMILLS BODYPUMP
 LesMILLS BODYCOMBAT
 ZUMBA