



# HORARIO DE ACTIVIDADES

Oviedo

junio 21 - agosto 21

LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES				SÁBADO							
ACTIVIDAD	🕒	SALA		ACTIVIDAD	🕒	SALA		ACTIVIDAD	🕒	SALA		ACTIVIDAD	🕒	SALA		ACTIVIDAD	🕒	SALA		ACTIVIDAD	🕒	SALA					
09:00	CICLO INDOOR	45m	3	09:00	ZUMBA	45m	1	09:00	CICLO INDOOR	45m	3	09:00	ZUMBA	45m	1	09:00				09:00							
09:45	YOGA	45m	1	09:45	CICLO INDOOR	45m	3	09:45	YOGA	45m	1	09:45	CICLO INDOOR	45m	3	09:45	BODY PUMP	45m	1	09:45				09:45	CICLO INDOOR	45m	3
10:30	BODY PUMP	45m	1	10:30	GAP	45m	1	10:30	BODY PUMP	45m	1	10:30	GAP	45m	1	10:30				10:30	CICLO INDOOR	45m	3	10:30			
10:30	BOXEO	45m	4	10:30	KICK BOXING	45m	4	10:30	BOXEO	45m	4	10:30	KICK BOXING	45m	4	10:30				10:30				10:30			
10:30	CORE	15m	SALA	10:30	CORE	15m	SALA	10:30	CORE	15m	SALA	10:30	CORE	15m	SALA	10:30				10:30				10:30			
11:15	PILATES	45m	1	11:15	BODY BALANCE	45m	1	11:15	PILATES	45m	1	11:15	BODY BALANCE	45m	1	11:15				11:15	BODY PUMP	45m	1	11:15			
11:15	CORE	15m	SALA	11:15	CORE	15m	SALA	11:15	CORE	15m	SALA	11:15	CORE	15m	SALA	11:15	CORE	15m	4	11:15				11:15			
14:30	TRX	45m	4	14:30	BODY COMBAT	45m	4	14:30	BODY PUMP	45m	1	14:30	CICLO INDOOR	45m	3	14:30				14:30				14:30			
15:15	CORE	15m	4	15:15	CORE	15m	4	15:15	CORE	15m	1	15:15	CORE	15m	4	15:15				15:15				15:15			
18:00	BODY PUMP	45m	1	18:00	BODY COMBAT	45m	1	18:00	BODY PUMP	45m	1	18:00	BODY COMBAT	45m	1	18:00				18:00				18:00			
18:45	ZUMBA	45m	1	18:45	CICLO INDOOR	45m	3	18:45	ZUMBA	45m	1	18:45	CICLO INDOOR	45m	3	18:45				18:45				18:45			
18:45	E. FUNCIONAL	45m	4	18:45	PILATES	45m	1	18:45	E. FUNCIONAL	45m	4	18:45	PILATES	45m	1	18:45				18:45				18:45			
18:45	CORE	15m	SALA	18:45	CORE	15m	SALA	18:45	CORE	15m	SALA	18:45	CORE	15m	SALA	18:45				18:45				18:45			
19:30	CICLO INDOOR	45m	3	19:30	CICLO INDOOR	45m	3	19:30	CICLO INDOOR	45m	3	19:30	CICLO INDOOR	45m	3	19:30	BODY PUMP	45m	1	19:30				19:30			
19:30	BODY BALANCE	45m	1	19:30	ZUMBA	45m	1	19:30	BODY BALANCE	45m	1	19:30	ZUMBA	45m	1	19:30				19:30				19:30			
19:30	CORE	15m	SALA	19:30	CORE	15m	SALA	19:30	CORE	15m	SALA	19:30	CORE	15m	SALA	19:30				19:30				19:30			
20:15	CICLO INDOOR	45m	3	20:15	CICLO INDOOR	45m	3	20:15	CICLO INDOOR	45m	3	20:15				20:15	CICLO INDOOR	45m	3	20:15				20:15			
20:15	BODY ATTACK	45m	1	20:15	BODY PUMP	45m	1	20:15	BODY ATTACK	45m	1	20:15	BODY PUMP	45m	1	20:15				20:15				20:15			
21:00	BOXEO	45m	4	21:00	KÁRATE ADULTOS	45m	4	21:00	BOXEO	45m	4	21:00	KÁRATE ADULTOS	45m	4	21:00				21:00				21:00			
21:00	CORE	15m	1	21:00	CORE	15m	1	21:00	CORE	15m	1	21:00	CORE	15m	1	21:00				21:00				21:00			
21:45	KICK BOXING	45m	4	21:45				21:45	KICK BOXING	45m	4	21:45				21:45				21:45				21:45			

Posibilidad de leves cambios. Horario 100% actualizado siempre en nuestra App Sparta Sport Center  
 ✉ oviedo@spartasportcenter.com

