



HORARIO DE ACTIVIDADES ENERO 25 - MAYO 25

Pamplona Calle Estella

LUNES

Actividad	🕒	📍
7:45		
8:00	GAP 45 min	1
8:45	BODY BALANCE 45 min	1
9:30	PILATES 45 min	1
10:15	ZUMBA 45 min	1
10:15	CORE 15 min	SALA
11:00	BODY PUMP 45 min	1
11:00	CORE 15 min	SALA
14:30	CROSS TRAINING 45 min	BOX
15:15	CORE 15 min	SALA
18:00	BODY BALANCE 45 min	1
18:00	CROSS TRAINING 45 min	BOX
18:45	STRENGHT 45 min	1
18:45	GAP 45 min	BOX
18:45	CORE 15 min	SALA
19:30	BODY PUMP 45 min	1
19:30	CROSS TRAINING 45 min	BOX
19:30	CORE 15 min	SALA
20:15	ZUMBA 45 min	1
20:15	GAP 45 min	BOX
20:15	CORE 15 min	SALA
21:00	CORE 15 min	SALA

MARTES

Actividad	🕒	📍
7:45	YOGA 45 min	1
8:00		
8:45	GAP 45 min	1
9:30	BODY PUMP 45 min	1
10:15	CROSS TRAINING 45 min	BOX
10:15	CORE 15 min	SALA
11:00	GAP 45 min	1
11:00	CORE 15 min	SALA
14:30	BODY PUMP 45 min	1
15:15	CORE 15 min	SALA
18:00	PILATES 45 min	1
18:00	GAP 45 min	BOX
18:45	BODY PUMP 45 min	1
18:45	CROSS TRAINING 45 min	BOX
18:45	CORE 15 min	SALA
19:30	ZUMBA 45 min	1
19:30	GAP 45 min	BOX
19:30	CORE 15 min	SALA
20:15	BODY PUMP 45 min	1
20:15	CROSS TRAINING 45 min	BOX
20:15	CORE 15 min	SALA
21:00	CORE 15 min	SALA

MIÉRCOLES

Actividad	🕒	📍
7:45		
8:00	GAP 45 min	1
8:45	BODY BALANCE 45 min	1
9:30	PILATES 45 min	1
10:15	ZUMBA 45 min	1
10:15	CORE 15 min	SALA
11:00	BODY PUMP 45 min	1
11:00	CORE 15 min	SALA
14:30	GAP 45 min	BOX
15:15	CORE 15 min	SALA
18:00	BODY BALANCE 45 min	1
18:00	CROSS TRAINING 45 min	BOX
18:45	STRENGHT 45 min	1
18:45	GAP 45 min	BOX
18:45	CORE 15 min	SALA
19:30	BODY PUMP 45 min	1
19:30	CROSS TRAINING 45 min	BOX
19:30	CORE 15 min	SALA
20:15	ZUMBA 45 min	1
20:15	GAP 45 min	BOX
20:15	CORE 15 min	SALA
21:00	CORE 15 min	SALA

JUEVES

Actividad	🕒	📍
7:45	YOGA 45 min	1
8:00		
8:45	GAP 45 min	1
9:30	BODY PUMP 45 min	1
10:15	CROSS TRAINING 45 min	BOX
10:15	CORE 15 min	SALA
11:00	GAP 45 min	1
11:00	CORE 15 min	SALA
14:30	CROSS TRAINING 45 min	BOX
15:15	CORE 15 min	SALA
18:00	PILATES 45 min	1
18:00	GAP 45 min	BOX
18:45	BODY PUMP 45 min	1
18:45	CROSS TRAINING 45 min	BOX
18:45	CORE 15 min	SALA
19:30	ZUMBA 45 min	1
19:30	GAP 45 min	BOX
19:30	CORE 15 min	SALA
20:15	BODY PUMP 45 min	1
20:15	CROSS TRAINING 45 min	BOX
20:15	CORE 15 min	SALA
21:00	CORE 15 min	SALA

VIERNES

Actividad	🕒	📍
9:30	PILATES 45 min	1
10:15	BODY PUMP 45 min	1
11:00	CORE 15 min	SALA
18:00	BODY PUMP 45 min	1
18:45	CROSS TRAINING 45 min	BOX

SÁBADO

Actividad	🕒	📍
9:30	BODY PUMP 45 min	1
10:15	GAP 45 min	BOX
11:00	CORE 15 min	BOX

LesMILLS

LesMILLS BODYATTACK

LesMILLS BODYBALANCE

LesMILLS BODYPUMP

LesMILLS BODYCOMBAT



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