



HORARIO DE ACTIVIDADES SEPT 25 - MAYO 26

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	BODY PUMP	45 min	1
10:15	CORE	15 min	SALA
11:00	ZUMBA	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	BODY PUMP	45 min	1
10:15	CORE	15 min	SALA
11:00	ZUMBA	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	GAP	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