



HORARIO DE ACTIVIDADES JUN 24 - AGOS 24

Pamplona

LUNES

| | Actividad | 🕒 | 📍 |
|-------|--------------|--------|---|
| 8:15 | CICLO INDOOR | 45 min | 3 |
| 9:00 | BODY PUMP | 45 min | 1 |
| 9:45 | PILATES | 45 min | 1 |
| 10:30 | CICLO INDOOR | 45 min | 3 |
| 10:30 | CORE | 15 min | 2 |
| 11:15 | E. FUNCIONAL | 45 min | 1 |
| 11:15 | CORE | 15 min | 2 |
| 14:30 | BODY PUMP | 45 min | 1 |
| 15:15 | CORE | 15 min | 1 |
| 18:00 | PILATES | 45 min | 1 |
| 18:45 | CICLO INDOOR | 45 min | 3 |
| 18:45 | E. FUNCIONAL | 45 min | 1 |
| 18:45 | CORE | 15 min | 2 |
| 19:00 | BOXEO | 90 min | 4 |
| 19:30 | CICLO INDOOR | 45 min | 3 |
| 19:30 | BODY PUMP | 45 min | 1 |
| 19:30 | CORE | 15 min | 2 |
| 20:15 | CICLO INDOOR | 45 min | 3 |
| 20:15 | E. FUNCIONAL | 45 min | 1 |
| 20:30 | | | |
| 21:00 | CORE | 15 min | 1 |

MARTES

| | Actividad | 🕒 | 📍 |
|-------|--------------|--------|---|
| 8:15 | | | |
| 9:00 | BODY BALANCE | 45 min | 1 |
| 9:45 | CICLO INDOOR | 45 min | 3 |
| 10:30 | BODY PUMP | 45 min | 1 |
| 10:30 | CORE | 15 min | 2 |
| 11:15 | ZUMBA | 45 min | 1 |
| 11:15 | CORE | 15 min | 4 |
| 14:30 | CICLO INDOOR | 45 min | 3 |
| 15:15 | CORE | 15 min | 1 |
| 18:00 | BODY BALANCE | 45 min | 1 |
| 18:45 | E. FUNCIONAL | 45 min | 1 |
| 18:45 | CORE | 15 min | 2 |
| 18:45 | | | |
| 19:00 | | | |
| 19:30 | CICLO INDOOR | 45 min | 3 |
| 19:30 | BODY ATTACK | 45 min | 1 |
| 19:30 | CORE | 15 min | 2 |
| 20:15 | CICLO INDOOR | 45 min | 3 |
| 20:15 | BODY PUMP | 45 min | 1 |
| 20:30 | KICK BOXING | 90 min | 4 |
| 21:00 | CORE | 15 min | 1 |

MIÉRCOLES

| | Actividad | 🕒 | 📍 |
|-------|--------------|--------|---|
| 8:15 | CICLO INDOOR | 45 min | 3 |
| 9:00 | BODY PUMP | 45 min | 1 |
| 9:45 | PILATES | 45 min | 1 |
| 10:30 | CICLO INDOOR | 45 min | 3 |
| 10:30 | CORE | 15 min | 2 |
| 11:15 | E. FUNCIONAL | 45 min | 1 |
| 11:15 | CORE | 15 min | 2 |
| 14:30 | E. FUNCIONAL | 45 min | 1 |
| 15:15 | CORE | 15 min | 1 |
| 18:00 | PILATES | 45 min | 1 |
| 18:45 | CICLO INDOOR | 45 min | 3 |
| 18:45 | E. FUNCIONAL | 45 min | 1 |
| 18:45 | CORE | 15 min | 2 |
| 19:00 | BOXEO | 90 min | 4 |
| 19:30 | CICLO INDOOR | 45 min | 3 |
| 19:30 | BODY PUMP | 45 min | 1 |
| 19:30 | CORE | 15 min | 2 |
| 20:15 | CICLO INDOOR | 45 min | 3 |
| 20:15 | E. FUNCIONAL | 45 min | 1 |
| 20:30 | | | |
| 21:00 | CORE | 15 min | 1 |

JUEVES

| | Actividad | 🕒 | 📍 |
|-------|--------------|--------|---|
| 8:15 | | | |
| 9:00 | BODY BALANCE | 45 min | 1 |
| 9:45 | CICLO INDOOR | 45 min | 3 |
| 10:30 | BODY PUMP | 45 min | 1 |
| 10:30 | CORE | 15 min | 2 |
| 11:15 | ZUMBA | 45 min | 1 |
| 11:15 | CORE | 15 min | 4 |
| 14:30 | CICLO INDOOR | 45 min | 3 |
| 15:15 | CORE | 15 min | 1 |
| 18:00 | BODY BALANCE | 45 min | 1 |
| 18:45 | E. FUNCIONAL | 45 min | 1 |
| 18:45 | CORE | 15 min | 2 |
| 18:45 | | | |
| 19:00 | | | |
| 19:30 | CICLO INDOOR | 45 min | 3 |
| 19:30 | BODY ATTACK | 45 min | 1 |
| 19:30 | CORE | 15 min | 2 |
| 20:15 | CICLO INDOOR | 45 min | 3 |
| 20:15 | BODY PUMP | 45 min | 1 |
| 20:30 | KICK BOXING | 90 min | 4 |
| 21:00 | CORE | 15 min | 1 |

VIERNES

| | Actividad | 🕒 | 📍 |
|-------|--------------|--------|---|
| 9:45 | BODY PUMP | 45 min | 1 |
| 10:30 | CICLO INDOOR | 45 min | 3 |
| 11:15 | CORE | 15 min | 1 |
| 18:00 | BODY PUMP | 45 min | 1 |
| 18:45 | CICLO INDOOR | 45 min | 3 |
| 19:00 | BOXEO | 90 min | 4 |
| 19:00 | CORE | 15 min | 1 |

SÁBADO

| | Actividad | 🕒 | 📍 |
|-------|--------------|--------|---|
| 9:45 | BODY PUMP | 45 min | 1 |
| 10:30 | CICLO INDOOR | 45 min | 3 |
| 11:15 | CORE | 15 min | 1 |



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