



HORARIO DE ACTIVIDADES JUN 24 - AGOS 24

Santander

LUNES

| Actividad | 🕒 | 📍 |
|-----------|----------------|-------------|
| 9:00 | BODY BALANCE | 45 min 1 |
| 9:45 | BODY PUMP | 45 min 1 |
| 9:45 | CORE | 15 min SALA |
| 10:30 | ZUMBA | 45 min 1 |
| 10:30 | CORE | 15 min SALA |
| 11:15 | GAP | 45 min 1 |
| 11:15 | CORE | 15 min SALA |
| 18:15 | PILATES | 45 min 1 |
| 19:00 | CICLO INDOOR | 45 min 3 |
| 19:00 | CORE | 15 min SALA |
| 19:00 | | |
| 19:45 | CROSS TRAINING | 45 min BOX |
| 19:45 | ZUMBA | 45 min 1 |
| 20:30 | CICLO INDOOR | 45 min 3 |
| 20:30 | GAP | 45 min 1 |
| 20:30 | KICK BOXING | 60 min 4 |
| 21:15 | CORE | 15 min SALA |

MARTES

| Actividad | 🕒 | 📍 |
|-----------|----------------|-------------|
| 9:00 | CICLO INDOOR | 45 min 3 |
| 9:45 | PILATES | 45 min 1 |
| 9:45 | CORE | 15 min SALA |
| 10:30 | GAP | 45 min 1 |
| 10:30 | CORE | 15 min SALA |
| 11:15 | ZUMBA | 45 min 1 |
| 11:15 | CORE | 15 min SALA |
| 18:15 | BODY PUMP | 45 min 1 |
| 19:00 | CICLO INDOOR | 45 min 3 |
| 19:00 | CORE | 15 min SALA |
| 19:00 | | |
| 19:45 | PILATES | 45 min 1 |
| 19:45 | CORE | 15 min SALA |
| 20:30 | CROSS TRAINING | 45 min BOX |
| 20:30 | | |
| 20:30 | | |
| 21:15 | CORE | 15 min SALA |

MIÉRCOLES

| Actividad | 🕒 | 📍 |
|-----------|----------------|-------------|
| 9:00 | BODY BALANCE | 45 min 1 |
| 9:45 | BODY PUMP | 45 min 1 |
| 9:45 | CORE | 15 min SALA |
| 10:30 | ZUMBA | 45 min 1 |
| 10:30 | CORE | 15 min SALA |
| 11:15 | GAP | 45 min 1 |
| 11:15 | CORE | 15 min SALA |
| 18:15 | | |
| 19:00 | CORE | 15 min SALA |
| 19:00 | | |
| 19:45 | CROSS TRAINING | 45 min BOX |
| 19:45 | ZUMBA | 45 min 1 |
| 20:30 | CICLO INDOOR | 45 min 3 |
| 20:30 | GAP | 45 min 1 |
| 20:30 | KICK BOXING | 60 min 4 |
| 21:15 | CORE | 15 min SALA |

JUEVES

| Actividad | 🕒 | 📍 |
|-----------|----------------|-------------|
| 9:00 | CICLO INDOOR | 45 min 3 |
| 9:45 | PILATES | 45 min 1 |
| 9:45 | CORE | 15 min SALA |
| 10:30 | GAP | 45 min 1 |
| 10:30 | CORE | 15 min SALA |
| 11:15 | ZUMBA | 45 min 1 |
| 11:15 | CORE | 15 min SALA |
| 18:15 | BODY PUMP | 45 min 1 |
| 19:00 | 0:00 | ##### 3 |
| 19:00 | PILATES | 45 min 1 |
| 19:00 | CORE | 15 min SALA |
| 19:45 | ZUMBA | 45 min 1 |
| 19:45 | CORE | 15 min SALA |
| 20:30 | CROSS TRAINING | 45 min BOX |
| 20:30 | BODY PUMP | 45 min 1 |
| 20:30 | | |
| 21:15 | CORE | 15 min SALA |

VIERNES

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

LesMILLS
LesMILLS BODYATTACK
LesMILLS BODYBALANCE
LesMILLS BODYPUMP
LesMILLS BODYCOMBAT
TRX
ZUMBA

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