



HORARIO DE ACTIVIDADES SEPT 24 - MAYO 25

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 | 4 |
| 19:00 | BODY PUMP | 45 min | 1 |
| 19:00 | CICLO INDOOR | 45 min | 3 |
| 19:00 | CORE | 15 min | SALA |
| 19:45 | CROSS TRAINING | 45 min | BOX |
| 19:45 | ZUMBA | 45 min | 1 |
| 19:45 | CORE | 15 min | SALA |
| 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 | CROSS TRAINING | 45 min | BOX |
| 19:00 | CICLO INDOOR | 45 min | 3 |
| 19:00 | CORE | 15 min | SALA |
| 19:45 | BODY PUMP | 45 min | 1 |
| 19:45 | PILATES | 45 min | 4 |
| 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 | E. FUNCIONAL | 45 min | BOX |
| 19:00 | BODY PUMP | 45 min | 1 |
| 19:00 | CORE | 15 min | SALA |
| 19:45 | CROSS TRAINING | 45 min | BOX |
| 19:45 | ZUMBA | 45 min | 1 |
| 19:45 | CORE | 15 min | SALA |
| 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 | CROSS TRAINING | 45 min | BOX |
| 19:00 | PILATES | 45 min | 4 |
| 19:00 | CORE | 15 min | SALA |
| 19:45 | E. FUNCIONAL | 45 min | BOX |
| 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 |
| 18:15 | BODY PUMP | 45 min | 1 |
| 19:00 | CROSS TRAINING | 45 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 | santander@spartasportcenter.com