



HORARIO DE ACTIVIDADES JUN 25 - AGOS 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	BODY COMBAT	45 min	1
19:00	BODY PUMP	45 min	1
19:00	CORE	15 min	SALA
19:00			
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