



## HORARIO DE ACTIVIDADES SEPTIEMBRE 26 - DICIEMBRE 26

Santander

### LUNES

|       | Actividad           |      |  |
|-------|---------------------|------|--|
| 9:00  | V-MIND 45 min       | 1    |  |
| 10:00 | V-POWER 45 min      | 1    |  |
| 11:00 | CORE 15 min         | SALA |  |
| 11:00 | ZUMBA 45 min        | 1    |  |
| 18:00 | PILATES 45 min      | 1    |  |
| 19:00 | CICLO INDOOR 45 min | 3    |  |
| 19:00 | V-POWER 45 min      | 1    |  |
| 19:45 | ZUMBA 45 min        | 1    |  |
| 20:30 | GAP 30 min          | 1    |  |
| 20:30 | KICK BOXING 60 min  | 4    |  |
| 21:15 | CORE 15 min         | SALA |  |

### MARTES

|       | Actividad           |      |  |
|-------|---------------------|------|--|
| 9:00  | CICLO INDOOR 45 min | 3    |  |
| 10:00 | PILATES 45 min      | 1    |  |
| 10:30 | CORE 15 min         | SALA |  |
| 11:00 | GAP 45 min          | 1    |  |
| 18:00 | V-POWER 45 min      | 1    |  |
| 19:00 | CORE 15 min         | SALA |  |
| 19:00 | PILATES 45 min      | 1    |  |
| 19:30 | FIT MOVES 30 min    | BOX  |  |
| 20:30 | V-CROSS 45 min      | BOX  |  |

### MIÉRCOLES

|       | Actividad           |      |  |
|-------|---------------------|------|--|
| 9:00  | V-MIND 45 min       | 1    |  |
| 10:00 | V-POWER 45 min      | 1    |  |
| 11:00 | CORE 15 min         | SALA |  |
| 11:00 | ZUMBA 45 min        | 1    |  |
| 18:30 | FIT MOVES 30 min    | BOX  |  |
| 19:00 | CICLO INDOOR 45 min | 3    |  |
| 19:00 | V-POWER 45 min      | 1    |  |
| 19:45 | ZUMBA 45 min        | 1    |  |
| 20:30 | GAP 30 min          | 1    |  |
| 20:30 | KICK BOXING 60 min  | 4    |  |
| 21:15 | CORE 15 min         | SALA |  |

### JUEVES

|       | Actividad           |      |  |
|-------|---------------------|------|--|
| 9:00  | CICLO INDOOR 45 min | 3    |  |
| 10:00 | PILATES 45 min      | 1    |  |
| 10:30 | CORE 15 min         | SALA |  |
| 11:00 | GAP 45 min          | 1    |  |
| 18:00 | PILATES 45 min      | 1    |  |
| 19:00 | CORE 15 min         | SALA |  |
| 19:00 | V-POWER 45 min      | 1    |  |
| 20:00 | ZUMBA 45 min        | 1    |  |
| 20:30 | V-CROSS 45 min      | BOX  |  |
| 20:30 | KICK BOXING 60 min  | 4    |  |

### VIERNES

|       | Actividad           |     |  |
|-------|---------------------|-----|--|
| 10:00 | CICLO INDOOR 45 min | 3   |  |
| 11:00 | V-POWER 45 min      | 1   |  |
| 18:00 | V-POWER 45 min      | 1   |  |
| 19:00 | V-CROSS 30 min      | BOX |  |

Posibilidad de leves cambios | Horario 100% actualizado siempre en nuestra App Sparta Sport Center |