



# HORARIO DE ACTIVIDADES

Soria

septiembre 20 - mayo 21

LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES			
ACTIVIDAD	⊕	SALA		ACTIVIDAD	⊕	SALA		ACTIVIDAD	⊕	SALA		ACTIVIDAD	⊕	SALA		ACTIVIDAD	⊕	SALA	
09:00	ZUMBA	45m	1	09:00	CICLO INDOOR	45m	3	09:00	ZUMBA	45m	1	09:00	CICLO INDOOR	45m	3	09:00			
09:45	BODY PUMP	45m	1	09:45	PILATES	45m	4	09:45	BODY PUMP	45m	1	09:45	PILATES	45m	4	09:45	CICLO INDOOR	45m	3
10:30	CORE	15m	SALA	10:30	CORE	15m	SALA	10:30	CORE	15m	SALA	10:30	CORE	15m	SALA	10:30			
10:30	YOGA	45m	1	10:30	CROSSTRaining	45m	BOX	10:30	YOGA	45m	1	10:30	CROSSTRaining	45m	BOX	10:30	BODY PUMP	45m	1
11:15	CORE	15m	SALA	11:15	CORE	15m	SALA	11:15	CORE	15m	SALA	11:15	CORE	15m	SALA	11:15	CORE	15m	SALA
11:15	CICLO INDOOR	45m	3	11:15	ZUMBA	45m	1	11:15	CICLO INDOOR	45m	3	11:15	ZUMBA	45m	1	11:15			
14:30	CICLO INDOOR	45m	3	14:30	BODY PUMP	45m	1	14:30	CICLO INDOOR	45m	3	14:30	CROSSTRaining	45m	BOX	14:30			
15:15	CORE	15m	SALA	15:15	CORE	15m	SALA	15:15	CORE	15m	SALA	15:15	CORE	15m	SALA	15:15			
17:30	CROSSTRaining	45m	BOX	17:30	PILATES	45m	4	17:30	CROSSTRaining	45m	BOX	17:30	PILATES	45m	4	17:30			
18:15	BODY COMBAT	45m	1	18:15	BODY PUMP	45m	1	18:15	BODY COMBAT	45m	1	18:15	BODY PUMP	45m	1	18:15			
19:00	CICLO INDOOR	45m	3	19:00	CICLO INDOOR	45m	3	19:00	CICLO INDOOR	45m	3	19:00	CICLO INDOOR	45m	3	19:00			
19:00	BODY ATTACK	45m	1	19:00	CROSSTRaining	45m	BOX	19:00	BODY ATTACK	45m	1	19:00	CROSSTRaining	45m	BOX	19:00	BODY PUMP	45m	1
19:00	CORE	15m	SALA	19:00	CORE	15m	4	19:00	CORE	15m	SALA	19:00	CORE	15m	4	19:00			
19:45	CICLO INDOOR	45m	3	19:45	CICLO INDOOR	45m	3	19:45	CICLO INDOOR	45m	3	19:45	CICLO INDOOR	45m	3	19:45	CICLO INDOOR	45m	3
19:45	BODY PUMP	45m	1	19:45	ZUMBA	45m	1	19:45	BODY PUMP	45m	1	19:45	ZUMBA	45m	1	19:45			
19:45	CORE	15m	SALA	19:45	CORE	15m	SALA	19:45	CORE	15m	SALA	19:45	CORE	15m	SALA	19:45			
20:30	CICLO INDOOR	45m	3	20:30	CROSSTRaining	45m	BOX	20:30	CICLO INDOOR	45m	3	20:30	CROSSTRaining	45m	BOX	20:30			
20:30	ZUMBA	45m	1	20:30	BODY PUMP	45m	1	20:30	ZUMBA	45m	1	20:30	BODY PUMP	45m	1	20:30			
20:30	KICK BOXING	1h	4	20:30	BOXEO	1h	4	20:30	KICK BOXING	1h	4	20:30	BOXEO	1h	4	20:30			
20:30	CORE	15m	SALA	20:30	CORE	15m	SALA	20:30	CORE	15m	SALA	20:30	CORE	15m	SALA	20:30	CORE	15m	SALA
21:15	CORE	15m	SALA	21:15	CORE	15m	SALA	21:15	CORE	15m	SALA	21:15	CORE	15m	SALA	21:15			

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