



HORARIO DE ACTIVIDADES JULIO 26 - AGOSTO 26

SORIA

LUNES

	Actividad		
9:30	BODY PUMP	45 min	1
10:15	CROSS TRAINING	45 min	BOX
11:00	CICLO INDOOR	45 min	3

18:15	CROSS TRAINING	45 min	BOX
19:00	BODY COMBAT	45 min	1
19:45	BODY PUMP	45 min	1
20:30	CICLO INDOOR	45 min	3
20:30	BOXEO	45 min	4
21:15	CORE	15 min	1

MARTES

	Actividad		
9:30	CICLO INDOOR	45 min	3
10:15	CROSS TRAINING	45 min	BOX
11:00	PILATES	45 min	1

18:15	BODY PUMP	45 min	1
19:00	CROSS TRAINING	45 min	BOX
19:45	GAP	45 min	1
20:30	CICLO INDOOR	45 min	1
20:30	BOXEO	45 min	4
21:15	CORE	15 min	1

MIÉRCOLES

	Actividad		
9:30	BODY PUMP	45 min	1
10:15	CROSS TRAINING	45 min	BOX
11:00	CICLO INDOOR	45 min	3

18:15	CROSS TRAINING	45 min	BOX
19:00	BODY COMBAT	45 min	1
19:45	BODY PUMP	45 min	3
20:30	CICLO INDOOR	45 min	3
20:30	BOXEO	45 min	4
21:15	CORE	15 min	1

JUEVES

	Actividad		
9:30	CICLO INDOOR	45 min	3
10:15	CROSS TRAINING	45 min	BOX
11:00	PILATES	45 min	1

18:15	BODY PUMP	45 min	1
19:00	CROSS TRAINING	45 min	BOX
19:45	GAP	45 min	1
20:30	CICLO INDOOR	45 min	3
20:30	BOXEO	45 min	4
21:15	CORE	15 min	1

VIERNES

	Actividad		
9:30	BODY PUMP	45 min	1
10:15	CICLO INDOOR	45 min	3

18:00	BODY PUMP	45 min	1
18:45	CICLO INDOOR	45 min	3
19:30	CORE	15 min	1

LesMILLS

LesMILLS
BODYATTACK

LesMILLS
BODYBALANCE

LesMILLS
BODYPUMP

LesMILLS
BODYCOMBAT

ZUMBA