



HORARIO DE ACTIVIDADES SEPT 23 - MAYO 24

Tudela

LUNES

	Actividad	🕒	📍
8:15	GAP	45 min	1
9:00	CROSS TRAINING	45 min	BOX
9:30	YOGA	45 min	1
9:45	TRX	45 min	2
9:45	CORE	15 min	BOX
10:30	BODY PUMP	45 min	1
10:30	CORE	15 min	2
11:15	CICLO INDOOR	45 min	3

MARTES

	Actividad	🕒	📍
8:15	CICLO INDOOR	45 min	3
9:00	ZUMBA	45 min	1
9:30			
9:45	PILATES	45 min	1
9:45	CORE	15 min	2
10:30	CROSS TRAINING	45 min	BOX
10:30	CORE	15 min	2
11:15	BODY PUMP	45 min	1

MIÉRCOLES

	Actividad	🕒	📍
8:15	GAP	45 min	1
9:00	CROSS TRAINING	45 min	BOX
9:30	YOGA	45 min	1
9:45	TRX	45 min	2
9:45	CORE	15 min	BOX
10:30	BODY PUMP	45 min	1
10:30	CORE	15 min	2
11:15	CICLO INDOOR	45 min	3

JUEVES

	Actividad	🕒	📍
8:15	CICLO INDOOR	45 min	3
9:00	ZUMBA	45 min	1
9:30			
9:45	PILATES	45 min	1
9:45	CORE	15 min	2
10:30	CROSS TRAINING	45 min	BOX
10:30	CORE	15 min	2
11:15	BODY PUMP	45 min	1

VIERNES

	Actividad	🕒	📍
9:00	GAP	45 min	1
9:45	BODY PUMP	45 min	1
10:30	CICLO INDOOR	45 min	3
19:00	BODY PUMP	45 min	1
19:45	ZUMBA	45 min	1

14:15	BODY PUMP	45 min	1
15:00	CORE	15 min	2

14:15	CICLO INDOOR	45 min	3
15:00	CORE	15 min	2

14:15	CROSS TRAINING	45 min	BOX
15:00	CORE	15 min	2

14:15	GAP	45 min	1
15:00	CORE	15 min	2

SÁBADO

	Actividad	🕒	📍
9:45	BODY PUMP	45 min	1
10:30	CICLO INDOOR	45 min	3
11:15	ZUMBA	45 min	1

17:30			
18:15	BODY COMBAT	45 min	1
19:00	BODY PUMP	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	CORE	15 min	2
19:45	ZUMBA	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	CORE	15 min	2
20:30	BODY PUMP	45 min	1
20:30			
20:30	CORE	15 min	2
21:15	CORE	15 min	2

17:30	BODY PUMP	45 min	1
18:15	PILATES	45 min	1
19:00	BODY PUMP	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	CORE	15 min	2
19:45	GAP	45 min	BOX
19:45	STEP	45 min	1
19:45	CORE	15 min	2
20:30	CROSS TRAINING	45 min	BOX
20:30	CICLO INDOOR	45 min	3
20:30	CORE	15 min	2
21:15	CORE	15 min	2

17:30			
18:15	BODY COMBAT	45 min	1
19:00	BODY PUMP	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	CORE	15 min	2
19:45	ZUMBA	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	CORE	15 min	2
20:30	BODY PUMP	45 min	1
20:30			
20:30	CORE	15 min	2
21:15	CORE	15 min	2

17:30	BODY PUMP	45 min	1
18:15	PILATES	45 min	1
19:00	BODY PUMP	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	CORE	15 min	2
19:45	ZUMBA	45 min	1
19:45	CROSS TRAINING	45 min	BOX
19:45	CORE	15 min	2
20:30	STEP	45 min	1
20:30	TRX	45 min	2
20:30	CORE	15 min	BOX
21:15	CORE	15 min	1

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

**LES MILLS
BODYATTACK**

**LES MILLS
BODYBALANCE**

**LES MILLS
BODYPUMP**

**LES MILLS
BODYCOMBAT**

TRX

