



# HORARIO DE ACTIVIDADES SEPT 24 - MAYO 25

## Tudela

### LUNES

|       | Actividad    | 🕒      | 📍    |
|-------|--------------|--------|------|
| 8:15  | BODY PUMP    | 45 min | 1    |
| 9:00  | ZUMBA        | 45 min | 1    |
| 9:45  | YOGA         | 45 min | 1    |
| 9:45  | TRX          | 45 min | 2    |
| 9:45  | CORE         | 15 min | SALA |
| 10:30 | BODY PUMP    | 45 min | 1    |
| 10:30 | CORE         | 15 min | SALA |
| 11:15 | CICLO INDOOR | 45 min | 3    |
| 14:15 | BODY PUMP    | 45 min | 1    |
| 15:00 | CORE         | 15 min | 1    |
| 17:30 | BODY BALANCE | 45 min | 1    |
| 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 | SALA |
| 19:45 | ZUMBA        | 45 min | 1    |
| 19:45 | CICLO INDOOR | 45 min | 3    |
| 19:45 | CORE         | 15 min | SALA |
| 20:30 | BODY PUMP    | 45 min | 1    |
| 20:30 | CORE         | 15 min | SALA |
| 20:30 | CORE         | 15 min | SALA |
| 21:15 | CORE         | 15 min | 1    |

### MARTES

|       | Actividad      | 🕒      | 📍    |
|-------|----------------|--------|------|
| 8:15  | CICLO INDOOR   | 45 min | 3    |
| 9:00  | ZUMBA          | 45 min | 1    |
| 9:45  | PILATES        | 45 min | 1    |
| 9:45  | CORE           | 15 min | SALA |
| 9:45  | CORE           | 15 min | SALA |
| 10:30 | CROSS TRAINING | 45 min | BOX  |
| 10:30 | CORE           | 15 min | SALA |
| 11:15 | BODY PUMP      | 45 min | 1    |
| 14:15 | CICLO INDOOR   | 45 min | 3    |
| 15:00 | CORE           | 15 min | 1    |
| 17:30 | BODY PUMP      | 45 min | 1    |
| 18:15 | PILATES        | 45 min | 1    |
| 19:00 | ZUMBA          | 45 min | 1    |
| 19:00 | CICLO INDOOR   | 45 min | 3    |
| 19:00 | CORE           | 15 min | SALA |
| 19:45 | BODY PUMP      | 45 min | 1    |
| 19:45 | CICLO INDOOR   | 45 min | 3    |
| 19:45 | CORE           | 15 min | SALA |
| 20:30 | STEP           | 45 min | 1    |
| 20:30 | TRX            | 45 min | 2    |
| 20:30 | CORE           | 15 min | SALA |
| 21:15 | CORE           | 15 min | 1    |

### MIÉRCOLES

|       | Actividad      | 🕒      | 📍    |
|-------|----------------|--------|------|
| 8:15  | BODY PUMP      | 45 min | 1    |
| 9:00  | GAP            | 45 min | 1    |
| 9:45  | YOGA           | 45 min | 1    |
| 9:45  | TRX            | 45 min | 2    |
| 9:45  | CORE           | 15 min | SALA |
| 10:30 | ZUMBA          | 45 min | 1    |
| 10:30 | CORE           | 15 min | SALA |
| 11:15 | CICLO INDOOR   | 45 min | 3    |
| 14:15 | CROSS TRAINING | 45 min | BOX  |
| 15:00 | CORE           | 15 min | BOX  |
| 17:30 | BODY BALANCE   | 45 min | 1    |
| 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 | SALA |
| 19:45 | ZUMBA          | 45 min | 1    |
| 19:45 | CICLO INDOOR   | 45 min | 3    |
| 19:45 | CORE           | 15 min | SALA |
| 20:30 | BODY PUMP      | 45 min | 1    |
| 20:30 | CORE           | 15 min | SALA |
| 20:30 | CORE           | 15 min | SALA |
| 21:15 | CORE           | 15 min | 1    |

### JUEVES

|       | Actividad      | 🕒      | 📍    |
|-------|----------------|--------|------|
| 8:15  | CICLO INDOOR   | 45 min | 3    |
| 9:00  | ZUMBA          | 45 min | 1    |
| 9:45  | PILATES        | 45 min | 1    |
| 9:45  | CORE           | 15 min | SALA |
| 9:45  | CORE           | 15 min | SALA |
| 10:30 | CROSS TRAINING | 45 min | BOX  |
| 10:30 | CORE           | 15 min | 2    |
| 11:15 | BODY PUMP      | 45 min | 1    |
| 14:15 | GAP            | 45 min | BOX  |
| 15:00 | CORE           | 15 min | BOX  |
| 17:30 | BODY PUMP      | 45 min | 1    |
| 18:15 | PILATES        | 45 min | 1    |
| 19:00 | ZUMBA          | 45 min | 1    |
| 19:00 | CICLO INDOOR   | 45 min | 3    |
| 19:00 | CORE           | 15 min | SALA |
| 19:45 | BODY PUMP      | 45 min | 1    |
| 19:45 | CICLO INDOOR   | 45 min | BOX  |
| 19:45 | CORE           | 15 min | 2    |
| 20:30 | STEP           | 45 min | 1    |
| 20:30 | CROSS TRAINING | 45 min | BOX  |
| 20:30 | CORE           | 15 min | SALA |
| 21:15 | CORE           | 15 min | 1    |

### VIERNES

|       | Actividad    | 🕒      | 📍 |
|-------|--------------|--------|---|
| 9:00  | ZUMBA        | 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 | CICLO INDOOR | 45 min | 3 |

### SÁBADO

|       | Actividad    | 🕒      | 📍 |
|-------|--------------|--------|---|
| 9:45  | BODY PUMP    | 45 min | 1 |
| 10:30 | CICLO INDOOR | 45 min | 3 |

**LesMILLS**

LesMILLS **BODYATTACK**

LesMILLS **BODYBALANCE**

LesMILLS **BODYPUMP**

LesMILLS **BODYCOMBAT**



Posibilidad de leves cambios | Horario 100% actualizado siempre en nuestra App Sparta Sport Center | tudela@spartasportcenter.com