



HORARIO DE ACTIVIDADES SEP 25 - MAY 26

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	CICLO INDOOR	45 min	3
10:30	CORE	15 min	SALA
11:15	BODY PUMP	45 min	1
14:15	BODY PUMP	45 min	1
15:00	CORE	15 min	1
17:30	BODY COMBAT	45 min	1
18:15	BODY BALANCE	45 min	1
18:15			
19:00	BODY PUMP	45 min	1
19:00	CICLO INDOOR	45 min	3
19:00	CROSS TRAINING	45 min	BOX
19:00	CORE	15 min	SALA
19:45	PILATES	45 min	1
19:45	CICLO INDOOR	45 min	3
19:45	GAP	45 min	BOX
19:45	CORE	15 min	SALA
20:30	BODY PUMP	45 min	1
20:30			
20:30			
21:15			

MARTES

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

MIÉRCOLES

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

JUEVES

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

VIERNES

	Actividad	🕒	📍
9:00	BODY PUMP	45 min	1
9:45	ZUMBA	45 min	1
19:00	BODY PUMP	45 min	1
19:45	CICLO INDOOR	45 min	1

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