



# HORARIO DE ACTIVIDADES JUN 24 - AGOS 24

## Zamora

### LUNES

Actividad	🕒	💡
7:15	CICLO INDOOR	45 min 3
8:00	CROSS TRAINING	45 min BOX
8:45	BODY PUMP	45 min 1
8:45		
9:30	PILATES	45 min 1
10:15	CICLO INDOOR	45 min 3
10:15	ZUMBA	45 min 1
10:15	CORE	15 min BOX
11:00	GAP	45 min 1
11:00	CORE	15 min BOX
11:00		

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

### MARTES

Actividad	🕒	💡
7:15	BODY PUMP	45 min 1
8:00	GAP	45 min 1
8:45	CICLO INDOOR	45 min 3
8:45	YOGA	45 min 1
9:30	PILATES	45 min BOX
10:15	BODY PUMP	45 min 1
10:15	CORE	15 min SALA
10:15		
11:00	CROSS TRAINING	45 min BOX
11:00	ZUMBA	45 min 1
11:00	CORE	15 min SALA

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

### MIÉRCOLES

Actividad	🕒	💡
7:15	CICLO INDOOR	45 min 3
8:00	CROSS TRAINING	45 min BOX
8:45	BODY PUMP	45 min 1
8:45		
9:30	PILATES	45 min 1
10:15	CICLO INDOOR	45 min 3
10:15	ZUMBA	45 min 1
10:15	CORE	15 min BOX
11:00	GAP	45 min 1
11:00	CORE	15 min BOX
11:00		

17:30	CROSS TRAINING	45 min BOX
18:15	BODY PUMP	45 min 1
18:15	CICLO INDOOR	45 min 3
19:00	GAP	45 min 1
19:00	CICLO INDOOR	45 min 3
19:00	CORE	15 min SALA
19:00		
19:45	E. FUNCIONAL	45 min BOX
19:45	CICLO INDOOR	45 min 3
19:45	STRONG	45 min 1
19:45	CORE	15 min SALA
20:30	CROSS TRAINING	45 min 3
20:30	ZUMBA	45 min 1
20:30	CORE	15 min SALA

### JUEVES

Actividad	🕒	💡
7:15	BODY PUMP	45 min 1
8:00	GAP	45 min 1
8:45	CICLO INDOOR	45 min 3
8:45	YOGA	45 min 1
9:30	PILATES	45 min BOX
10:15	BODY PUMP	45 min 1
10:15	CORE	15 min SALA
10:15		
11:00	CROSS TRAINING	45 min BOX
11:00	ZUMBA	45 min 1
11:00	CORE	15 min SALA

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

### VIERNES

Actividad	🕒	💡
8:45	BODY PUMP	45 min 1
9:30	PILATES	45 min 1
10:15	CICLO INDOOR	45 min 3

### SÁBADO

Actividad	🕒	💡
9:30	CICLO INDOOR	45 min 3
10:15	GAP	45 min 1
11:00	CORE	15 min 3

# LES MILLS

## LES MILLS BODYATTACK

## LES MILLS BODYBALANCE

## LES MILLS BODYPUMP

## LES MILLS BODYCOMBAT

## TRX

## ZUMBA