



HORARIO DE ACTIVIDADES SEPT 25 - MAYO 26

Zamora

LUNES

| Actividad | 🕒 | 📍 |
|-----------|-----------------------|------|
| 7:15 | | |
| 8:00 | GAP 45 min | BOX |
| 8:45 | CROSS TRAINING 45 min | BOX |
| 8:45 | | |
| 9:30 | HIIT 45 min | 1 |
| 10:15 | CICLO INDOOR 45 min | 3 |
| 10:15 | CORE 15 min | BOX |
| 10:15 | ZUMBA 45 min | 1 |
| 11:00 | CORE 15 min | BOX |
| 11:00 | PILATES 45 min | 1 |
| 15:30 | BODY PUMP 45 min | 1 |
| 16:15 | CORE 15 min | 1 |
| 17:30 | CROSS TRAINING 45 min | BOX |
| 17:30 | ZUMBA 45 min | 1 |
| 18:15 | GAP 45 min | 1 |
| 18:15 | CICLO INDOOR 45 min | 3 |
| 19:00 | BODY PUMP 45 min | 1 |
| 19:00 | CICLO INDOOR 45 min | 3 |
| 19:00 | CORE 15 min | SALA |
| 19:00 | | |
| 19:45 | PILATES 45 min | 1 |
| 19:45 | CROSS TRAINING 45 min | BOX |
| 19:45 | CORE 15 min | BOX |
| 20:30 | BOXEO 45 min | 3 |
| 20:30 | CORE 15 min | BOX |
| 20:30 | | |
| 21:15 | CORE 15 min | BOX |

MARTES

| Actividad | 🕒 | 📍 |
|-----------|-----------------------|------|
| 7:15 | CICLO INDOOR 45 min | 3 |
| 8:00 | CROSS TRAINING 45 min | BOX |
| 8:45 | HIIT 45 min | BOX |
| 8:45 | YOGA 45 min | 1 |
| 9:30 | GAP 45 min | BOX |
| 10:15 | PILATES 45 min | 1 |
| 10:15 | CORE 15 min | BOX |
| 10:15 | | |
| 11:00 | BODY PUMP 45 min | 1 |
| 11:00 | CORE 15 min | BOX |
| 15:30 | CICLO INDOOR 45 min | 3 |
| 16:15 | CORE 15 min | 1 |
| 17:30 | BODY PUMP 45 min | 1 |
| 17:30 | | |
| 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 |
| 19:00 | | |
| 19:45 | BODY PUMP 45 min | 1 |
| 19:45 | CICLO INDOOR 45 min | 3 |
| 19:45 | CORE 15 min | SALA |
| 20:30 | E. FUNCIONAL 45 min | 1 |
| 20:30 | 0:00 ##### | 0 |
| 20:30 | CORE 15 min | SALA |
| 20:30 | | |
| 21:15 | | |

MIÉRCOLES

| Actividad | 🕒 | 📍 |
|-----------|-----------------------|------|
| 7:15 | CICLO INDOOR 45 min | 3 |
| 8:00 | HIIT 45 min | 1 |
| 8:45 | GAP 45 min | BOX |
| 8:45 | | |
| 9:30 | CROSS TRAINING 45 min | BOX |
| 10:15 | CICLO INDOOR 45 min | 3 |
| 10:15 | CORE 15 min | BOX |
| 10:15 | ZUMBA 45 min | 1 |
| 11:00 | CORE 15 min | BOX |
| 11:00 | PILATES 45 min | 1 |
| 15:30 | BODY PUMP 45 min | 1 |
| 16:15 | CORE 15 min | 1 |
| 17:30 | CROSS TRAINING 45 min | BOX |
| 17:30 | ZUMBA 45 min | 1 |
| 18:15 | GAP 45 min | 1 |
| 18:15 | CICLO INDOOR 45 min | 3 |
| 19:00 | BODY PUMP 45 min | 1 |
| 19:00 | CICLO INDOOR 45 min | 3 |
| 19:00 | CORE 15 min | SALA |
| 19:00 | | |
| 19:45 | PILATES 45 min | 1 |
| 19:45 | CROSS TRAINING 45 min | BOX |
| 19:45 | CORE 15 min | SALA |
| 20:30 | BODY PUMP 45 min | 1 |
| 20:30 | CORE 15 min | SALA |
| 20:30 | | |
| 21:15 | CORE 15 min | 1 |

JUEVES

| Actividad | 🕒 | 📍 |
|-----------|-----------------------|------|
| 7:15 | | |
| 8:00 | GAP 45 min | BOX |
| 8:45 | CROSS TRAINING 45 min | BOX |
| 8:45 | YOGA 45 min | 1 |
| 9:30 | HIIT 45 min | BOX |
| 10:15 | PILATES 45 min | 1 |
| 10:15 | CORE 15 min | BOX |
| 10:15 | | |
| 11:00 | BODY PUMP 45 min | 1 |
| 11:00 | CORE 15 min | BOX |
| 15:30 | CICLO INDOOR 45 min | 3 |
| 16:15 | CORE 15 min | 1 |
| 17:30 | BODY PUMP 45 min | 1 |
| 17:30 | | |
| 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 |
| 19:00 | | |
| 19:45 | BODY PUMP 45 min | 1 |
| 19:45 | CICLO INDOOR 45 min | 3 |
| 19:45 | CORE 15 min | SALA |
| 20:30 | BOXEO 45 min | BOX |
| 20:30 | CORE 15 min | SALA |
| 20:30 | | |
| 21:15 | | |

VIERNES

| Actividad | 🕒 | 📍 |
|-----------|---------------------|---|
| 7:15 | | |
| 8:45 | CICLO INDOOR 45 min | 3 |
| 9:30 | BODY PUMP 45 min | 1 |
| 18:15 | BODY PUMP 45 min | 1 |
| 19:00 | CICLO INDOOR 45 min | 3 |

SÁBADO

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



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