



HORARIO DE ACTIVIDADES SEPT 25 - MAY 26

Sparta Sport Center Zarautz

LUNES

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

15:00	BODY PUMP	45 min	1
15:45	CORE	15 min	SALA
16:45	GAP	45 min	BOX
17:30	PILATES	45 min	1
17:30	CROSS TRAINING	45 min	BOX
18:15	BODY PUMP	45 min	1
18:15	HIIT	45 min	BOX
18:15			
19:00	BODY ATTACK	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	CICLO INDOOR	45 min	BOX
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

MARTES

	Actividad		
8:15	BODY BALANCE	45 min	1
9:00	BODY PUMP	45 min	1
9:45	CICLO INDOOR	45 min	3
9:45	CORE	15 min	SALA
10:30	CROSS TRAINING	45 min	BOX
10:30	CORE	15 min	SALA
11:15	CICLO INDOOR	45 min	3

15:00	CICLO INDOOR	45 min	3
15:45	CORE	15 min	SALA
16:45	BODY PUMP	45 min	1
17:30	BODY BALANCE	45 min	1
17:30	CICLO INDOOR	45 min	3
18:15	BODY ATTACK	45 min	1
18:15	CROSS TRAINING	45 min	BOX
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
19:45	HIIT	45 min	BOX
19:45	GAP	45 min	1
19:45	CORE	15 min	SALA
20:30	BODY PUMP	45 min	1
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

MIÉRCOLES

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

15:00	CROSS TRAINING	45 min	1
15:45	CORE	15 min	SALA
16:45	GAP	45 min	BOX
17:30	PILATES	45 min	1
17:30	CROSS TRAINING	45 min	BOX
18:15	BODY PUMP	45 min	1
18:15	HIIT	45 min	BOX
18:15			
19:00	BODY ATTACK	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	CICLO INDOOR	45 min	3
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

JUEVES

	Actividad		
8:15	BODY BALANCE	45 min	1
9:00	BODY PUMP	45 min	1
9:45	CICLO INDOOR	45 min	3
9:45	CORE	15 min	SALA
10:30	CROSS TRAINING	45 min	BOX
10:30	CORE	15 min	SALA
11:15	CICLO INDOOR	45 min	3

15:00	GAP	45 min	3
15:45	CORE	15 min	SALA
16:45	BODY PUMP	45 min	1
17:30	BODY BALANCE	45 min	1
17:30	CICLO INDOOR	45 min	3
18:15	BODY ATTACK	45 min	1
18:15	CROSS TRAINING	45 min	BOX
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
19:45	HIIT	45 min	BOX
19:45	GAP	45 min	1
19:45	CORE	15 min	SALA
20:30	BODY PUMP	45 min	1
20:30	CORE	15 min	SALA
21:15	CORE	15 min	SALA

VIERNES

	Actividad		
9:00	GAP	45 min	1
9:45	CICLO INDOOR	45 min	3
10:30	BODY PUMP	45 min	1
11:15	CORE	15 min	SALA

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

SÁBADO

	Actividad		
9:45	CICLO INDOOR	45 min	3
10:30	CROSS TRAINING	45 min	BOX

LesMILLS

**LesMILLS
BODYATTACK**

**LesMILLS
BODYBALANCE**

**LesMILLS
BODYPUMP**

**LesMILLS
BODYCOMBAT**



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