



# HORARIO DE ACTIVIDADES SEPTIEMBRE 2026

## Zarauz

### LUNES

|       | Actividad | 🕒      | 📍 |
|-------|-----------|--------|---|
| 8.15  | PILATES   | 45 min | 1 |
| 9.15  | CYCLING   | 45 min | 2 |
| 10.15 | V-POWER   | 45 min | 1 |
| 16.15 | TBC       | 45 min | 1 |
| 17.15 | CYCLING   | 45 min | 2 |
| 18.15 | GAP       | 45 min | 1 |
| 19.15 | V-POWER   | 45 min | 1 |
| 20.15 | CYCLING   | 45 min | 2 |

### MARTES

|       | Actividad | 🕒      | 📍   |
|-------|-----------|--------|-----|
| 8.15  | V-POWER   | 45 min | 1   |
| 9.15  | CYCLING   | 45 min | 2   |
| 10.15 | CROSS     | 45 min | TOS |
| 16.15 | V-POWER   | 45 min | 1   |
| 17.15 | PILATES   | 45 min | 1   |
| 18.15 | CYCLING   | 45 min | 2   |
| 19.15 | DANCE     | 45 min | 1   |
| 20.15 | V-POWER   | 45 min | 1   |

### MIÉRCOLES

|       | Actividad | 🕒      | 📍 |
|-------|-----------|--------|---|
| 8.15  | PILATES   | 45 min | 1 |
| 9.15  | CYCLING   | 45 min | 2 |
| 10.15 | V-POWER   | 45 min | 1 |
| 11.15 | TBC       | 45 min | 1 |
| 16.15 | CYCLING   | 45 min | 2 |
| 17.15 | V-MIND    | 45 min | 1 |
| 18.15 | V-POWER   | 45 min | 1 |
| 19.15 | CYCLING   | 45 min | 2 |
| 20.15 | DANCE     | 45 min | 1 |

### JUEVES

|       | Actividad | 🕒      | 📍   |
|-------|-----------|--------|-----|
| 8.15  | V-POWER   | 45 min | 1   |
| 9.15  | TBC       | 45 min | 1   |
| 10.15 | CYCLING   | 45 min | 2   |
| 16.15 | CROSS     | 45 min | TOS |
| 17.15 | PILATES   | 45 min | 1   |
| 18.15 | V-POWER   | 45 min | 1   |
| 19.15 | CYCLING   | 45 min | 2   |
| 20.15 | DANCE     | 45 min | 1   |

### VIERNES

|       | Actividad | 🕒      | 📍 |
|-------|-----------|--------|---|
| 9.15  | GAP       | 45 min | 1 |
| 10.15 | V-POWER   | 45 min | 1 |
| 11.15 | CYCLING   | 45 min | 2 |
| 17.15 | CYCLING   | 45 min | 2 |
| 18.15 | TBC       | 45 min | 1 |

Posibilidad de leves cambios | Horario 100% actualizado siempre en nuestra App Sparta Sport Center | [sat.sparta@vivagym.com](mailto:sat.sparta@vivagym.com)