

HORARIO DE ACTIVIDADES ENERO 25 - MAYO 26

Eibar

LUNES

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

14:30	BODY PUMP 45 min 1	
15:15	CORE 15 min 1	

17:30		
18:15	ZUMBA 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	
19:45	GAP 45 min 1	
19:45	CICLO INDOOR 45 min 3	
19:45	CORE 15 min SALA	
20:30	BODY PUMP 45 min 1	
20:30	CROSS TRAINING 45 min BOX	
20:30	CORE 15 min SALA	
21:15	CORE 15 min SALA	

MARTES

Actividad	🕒	📍
8:00	YOGA 45 min 1	
8:45	PILATES 45 min 1	
9:30	BODY BALANCE 45 min 1	
9:30	CICLO INDOOR 45 min 3	
10:15	BODY PUMP 45 min 1	
10:15	CORE 15 min SALA	
11:00	GAP 45 min 1	
11:00	CORE 15 min SALA	

14:30	CICLO INDOOR 45 min 3	
15:15	CORE 15 min SALA	

17:30	ZUMBA 45 min 1	
18:15	CROSS TRAINING 45 min BOX	
18:15		
19:00	BODY COMBAT 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	GAP 45 min BOX	
20:30	CICLO INDOOR 45 min 3	
20:30	CORE 15 min SALA	
21:15	CORE 15 min SALA	

MIÉRCOLES

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

14:30	CROSS TRAINING 45 min BOX	
15:15	CORE 15 min BOX	

17:30		
18:15	ZUMBA 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	
19:45	GAP 45 min 1	
19:45	CICLO INDOOR 45 min 3	
19:45	CORE 15 min SALA	
20:30	BODY PUMP 45 min 1	
20:30	CROSS TRAINING 45 min BOX	
20:30	CORE 15 min SALA	
21:15	CORE 15 min SALA	

JUEVES

Actividad	🕒	📍
8:00	YOGA 45 min 1	
8:45	PILATES 45 min 1	
9:30	BODY PUMP 45 min 1	
9:30		
10:15	CICLO INDOOR 45 min 3	
10:15	CORE 15 min SALA	
11:00	GAP 45 min 1	
11:00	CORE 15 min SALA	

14:30	GAP 45 min BOX	
15:15	CORE 15 min SALA	

17:30	ZUMBA 45 min 1	
18:15	CROSS TRAINING 45 min BOX	
18:15		
19:00	BODY COMBAT 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	GAP 45 min BOX	
20:30	CICLO INDOOR 45 min 3	
20:30	CORE 15 min SALA	
21:15	CORE 15 min SALA	

VIERNES

Actividad	🕒	📍
9:00	CICLO INDOOR 45 min BOX	
9:45	GAP 45 min 3	
10:30	BODY PUMP 45 min 1	
11:15	CORE 15 min SALA	
18:15	BODY PUMP 45 min 3	
19:00	CICLO INDOOR 45 min 1	
19:45	CORE 15 min SALA	

SÁBADO

Actividad	🕒	📍
9:45	CROSS TRAINING 45 min 3	
10:30	CICLO INDOOR 45 min 1	
11:15	CORE 15 min SALA	

