

HORARIO ACTIVIDADES SEPTIEMBRE 2020

	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SÁBADO			DOMINGO			
	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 3	
8:15		CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL								
8:30	BODY PUMP			GAP					BODY BALANCE						PILATES							
9:30		CYCLING		ZUMBA				CYCLING		BODY PUMP			AC FÍSICO				CYCLING VIRTUAL				CYCLING VIRTUAL	
9:45					CYCLING VIRTUAL						CYCLING VIRTUAL											
10:30			ESPALDA SANA			PILATES	BODY PUMP			ZUMBA				CYCLING								
10:45																BODY PUMP				STRONG NATION		
11:30												ESPALDA SANA										
12:00																	CYCLING				CYCLING	
14:15		CYCLING VIRTUAL		FUNCIONAL TRAINING				CYCLING VIRTUAL						CYCLING								
15:30				AC FÍSICO	CYCLING VIRTUAL		TONIFICACIÓN				CYCLING VIRTUAL		BODY PUMP									
17:15	TRX (30')						ABDOMEN			TRX (30')			ABDOMEN	CYCLING VIRTUAL								
17:30				BODY PUMP																		
18:00	AC FÍSICO		ESPALDA SANA				ZUMBA		YOGA	AC FÍSICO			BODY PUMP									
18:15		CYCLING				PILATES		CYCLING			CYCLING	PILATES										
18:45				BAILANDO	CYCLING																YOGA	
19:15	ZUMBA		PILATES				TONIFICACIÓN			BODY PUMP			ZUMBA									
19:30		CYCLING				ESPALDA SANA		CYCLING	BODY BALANCE			ESPALDA SANA		CYCLING								
19:45				STEP																		
20:30	TONIFICACIÓN	CYCLING VIRTUAL			CYCLING		AC FÍSICO	CYCLING VIRTUAL			CYCLING		ABDOMEN									
21:45	ABDOMEN			ABDOMEN			ABDOMEN			ABDOMEN												



ISLAND FITNESS CENTER

ACTIVIDADES

AERÓBICAS

TONIFICACION

ABDOMINALES

CUERPO Y MENTE

CYCLING

CYCLING VIRTUAL



ABISADE