

SPORTLIFE SAN PEDRO DEL VALLE

2020

| CLASES DE FITNESS GRUPAL | | | | | | | |
|--------------------------|--------------|--------------|--------------|--------------|-------------|--------------|-------------|
| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
| 07:00 | GRIT SERIES | | GRIT SERIES | | GRIT SERIES | | |
| 08:00 | GRIT SERIES | | GRIT SERIES | | | | |
| 08:30 | BODY PUMP | GAP | BODY PUMP | GAP | BODY ATTACK | PILATES MATT | |
| 09:30 | BODY COMBAT | ZUMBA | BODY COMBAT | ZUMBA | BODY COMBAT | | |
| 10:00 | | | | | | ZUMBA | |
| 10:30 | ZUMBA | PILATES MATT | ZUMBA | PILATES MATT | ZUMBA | | |
| 11:00 | | | | | | BODY COMBAT | |
| 11:30 | | | | | | | BODY ATTACK |
| 12:00 | | | | | | BODY COMBAT | |
| 13:00 | | | | | | | |
| 18:00 | ZUMBA | GAP | ZUMBA | GAP | ZUMBA | | |
| 19:00 | PILATES MATT | GRIT SERIES | PILATES MATT | GRIT SERIES | CXWORX | | |
| 19:30 | | CXWORX | | CXWORX | GRIT SERIES | | |
| 20:00 | BODY ATTACK | | BODY ATTACK | | | | |
| 20:15 | | BODY PUMP | | BODY PUMP | | | |
| 21:00 | BODY COMBAT | | BODY COMBAT | | | | |

| CLASES DE CROSSFIT | | | | | | | |
|--------------------|----------|----------------------|-----------|----------------------|----------|--------|---------|
| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
| 08.30 | CROSSFIT | | CROSSFIT | | CROSSFIT | | |
| 19:30 | | CROSSFIT /NIVEL 1 | | CROSSFIT /NIVEL 1 | | | |
| 20:00 | | | | CROSSFIT | CROSSFIT | | |
| 20:30 | CROSSFIT | | CROSSFIT | | | | |

| CLASES DE CYCLING INDOOR / RPM / SPRINT | | | | | | | |
|---|-------------------|-------------------|-------------------|-------------------|-------------------|--------|---------|
| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
| 07:00 | | INDOOR CYCLING | | INDOOR CYCLING | | | |
| 08:30 | | INDOOR CYCLING | | INDOOR CYCLING | | | |
| 09:15 | INDOOR CYCLING | | INDOOR CYCLING | | INDOOR CYCLING | | |
| 10:00 | | | | | | RPM | RPM |
| 19:00 | INDOOR CYCLING | INDOOR CYCLING | INDOOR CYCLING | INDOOR CYCLING | INDOOR CYCLING | | |
| 20:00 | RPM | RPM | RPM | RPM | | | |
| 21:00 | | SPRINT | | SPRINT | | | |

HORARIO DE FUNCIONAMIENTO

Lunes a Viernes de 6:30 a 22:30 hrs.
 Sábado de 8:00 a 18:00 hrs.
 Domingo y Festivos de 9:00 a 14:00 hrs.