



MYST GYM CLUB

HORARIO DE ACTIVIDADES

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	INICIO
07:30-08:15	GBIKE		MYSTHIIT					07:30-08:15
09:00-09:45	MYSTHIIT			MYSTHIIT	GAP			09:00-09:45
*09:30-09:50		*FUNCTIONAL TRAINING	*AGILITY TRAINING					*09:30-09:50
10:00-10:45	PILATES	MYST ZEN	ZUMBA	GBIKE	PILATES			10:00-10:45
11:00-11:45	GAP	ZUMBA	PILATES	YOGA	GBODY	GBIKE	GBODY	11:00-11:45
*12:00-12:20	*SUELO PÉLVICO		*TRX	*HIPOPRESIVOS	*HIIT CORE			*12:00-12:20
12:00-12:45						MYSTHIIT	GBIKE	12:00-12:45
14:15-15:00	GBODY	GENERGY	GBOX	ZUMBA	YOGA			14:15-15:00
	GBIKE	MYSTHIIT	GBIKE	MYSTHIIT				14:15-15:00
*14:30-14:50	*BODY WEIGHT TRAINING		*FUNCTIONAL TRAINING					*14:30-14:50
15:00-15:45	ZUMBA	PILATES	STRONG BY ZUMBA	MYST ZEN	GBIKE			15:00-15:45
*15:10-15:30	*HIIT CORE	*HIIT CORE	*HIIT CORE	*HIIT CORE	*STRETCHING			*15:10-15:30
*18:00-18:20	*KETTLEBELL	*PISTA AMERICANA	*SUELO PÉLVICO	*TRX				*18:00-18:20
18:00-18:45	GDANCE	GAP	GBODY	GBIKE	GBOX			18:00-18:45
19:00-19:45	GBOX	ZUMBA	GENERGY	ZUMBA	GBIKE			19:00-19:45
	GBIKE	GBIKE	MYSTHIIT		MYSTHIIT			19:00-19:45
*19:30-19:50	*GAP	*HIPOPRESIVOS		*AGILITY TRAINING				*19:30-19:50
20:00-20:45	GENERGY	PILATES	ESTILOS	GBODY	PILATES			20:00-20:45
	RUNNERS MYST	GBIKE	GBIKE	GBIKE				20:00-20:45
*20:30-20:50	*FUNCTIONAL TRAINING		*PISTA AMERICANA					*20:30-20:50
21:00-21:45	GBIKE	GBODY	GBIKE	MYST ZEN				21:00-21:45
	YOGA		*STRETCHING 30'					21:00-21:45
INICIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	INICIO