

MYST GYM CLUB

HORARIO DE ACTIVIDADES MYST PUERTA DEL SOL

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
08:00-08:45	GBIKE		MYST HIIT 30'		GENERGY 30'		
09:00-09:45	HIPOPRESIVOS 20'		SUELO PÉLVICO 20'		PILATES		
10:00-10:45	GMIND	GBIKE	ZUMBA	YOGA	GBOX		
11:00-11:45	GAP	ZUMBA	PILATES	GBODY	GBODY	GBIKE	GCLASS
12:00-12:45	SUELO PÉLVICO 20'	HIPOPRESIVOS 20'	MYST FUNCIONAL 45'	COMBA TRAINING 20'	MYST HIIT 30'	GCLASS	GBIKE
14:15-15:00	GBODY	GENERGY 30'	GBOX	ZUMBA	GMIND		
	GBIKE	GCROSS 60'	GBIKE	GCROSS 60'	GBIKE		
15:00-15:45	ZUMBA	GMIND	STRONG BY ZUMBA	PILATES	GAP		
15:15-15:35	CORE 20'	COMBA TRAINING 20'	CORE 20'	CORE 20'			
18:00-18:45	GDANCE	GAP	GBODY	GBIKE	GDANCE		
	MYST FUNCIONAL 45'		COMBA TRAINING 20'	GBOX			
19:00-19:45	GBOX	ZUMBA	GENERGY 30'	ZUMBA	GBIKE		
	GBIKE	GBIKE	GBIKE	GCROSS 60'			
19:30-20:15	GCROSS 60'		YOGA				
20:00-20:45	GENERGY 30'	PILATES	GCROSS 60'	GBODY	PILATES		
	RUNNERS MYST	GBIKE	GBIKE	GBIKE			
21:00-21:45	GBIKE	GBODY	GDANCE	GMIND			