SHOCK FITNESS CENTER · BADAJOZ

HORARIO DE ACTIVIDADES

L-V 08:00-22:00 · S 10:00-14:00

NO VIENES A ENTRENAR. VIENES A CAMBIAR.

LUNES

- 09:30 SHOCK DANCE
- 18:30 PILATES
- 18:30 SHOCK FUSE
- 19:30 PUMP
- 19:30 CROSS COMBAT
- 20:30 SHOCK DANCE
- 20:45 GRAPPLING

MARTES

- 09:30 PUMP
- 10:30 CROSS COMBAT
- 12:00 GRAPPLING
- 18:00 COMBAT WOMAN
- 18:30 PILATES
- 19:30 QUEMAGRASAS
- 19:30 CYCLING
- 20:30 YOGALATES
- 19:30 LUCHA
- 20:30 GRAPPLING

MIÉRCOLES

- 09:30 CYCLING
- 18:30 PILATES
- 18:30 SHOCK FUSE
- 19:30 PUMP
- 19:30 CROSS COMBAT
- 20:30 SHOCK DANCE
- 20:45 GRAPPLING

JUEVES

- 09:30 PUMP
- 10:30 CROSS COMBAT
- 12:00 GRAPPLING
- 18:30 CYCLING
- 18:30 PILATES
- 19:30 QUEMAGRASAS
- 20:30 YOGALATES
- 19:30 LUCHA
- 20:30 GRAPPLING

VIERNES

- 09:30 SHOCK DANCE
- 17:00 OPEN MAT
- 18:30 PILATES
- 19:30 CROSS COMBAT

PUMP / QUEMAGRASAS · PILATES / YOGALATES · ARTES MARCIALES / OPEN MAT · SHOCK DANCE · CYCLING · SHOCK FUSE

Shock Fitness Center · Portalegre, 14 · Badajoz · info@shockcenter.es

Consulta posibles cambios de temporada antes de asistir.