

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC		
08:00	CROSSTRaining 08:30 - 09:25 - BOX	ABDOMINALES 08:15 - 08:30 - FIT	CROSSTRaining 08:30 - 09:25 - BOX	ABDOMINALES 08:15 - 08:30 - FIT	CROSSTRaining 08:30 - 09:25 - BOX		
	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
	YOGA 08:30 - 09:25 - ST1	ESPALDA SANA 08:30 - 09:15 - ST1	YOGA 08:30 - 09:25 - ST1	ESPALDA SANA 08:30 - 09:15 - ST1			
	ABDOMINALES 09:15 - 09:30 - FIT	B.COMBAT 09:30 - 10:25 - ST1	ABDOMINALES 09:15 - 09:30 - CYC	CROSSTRaining 09:30 - 10:25 - BOX	ABDOMINALES 09:15 - 09:30 - FIT	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
09:00	CROSSTRaining 09:30 - 10:25 - BOX	CROSSTRaining 09:30 - 10:25 - BOX	B.PUMP 09:30 - 10:25 - ST1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CROSSTRaining 09:30 - 10:25 - BOX		
	CYCLING 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CROSSTRaining 09:30 - 10:25 - BOX	ESTIRAMIENTOS 09:30 - 09:55 - ST1	CYCLING 09:30 - 10:15 - CYC		
	ESPALDA SANA 09:30 - 09:55 - FIT	ESTIRAMIENTOS 09:30 - 09:55 - ST1	CYCLING 09:30 - 10:15 - CYC	ZUMBA 09:30 - 10:25 - ST1	PILATES NOVEL 09:30 - 10:15 - ST1		
	TONE 09:30 - 10:15 - ST1		ESPALDA SANA 09:30 - 09:55 - FIT				
	ABDOMINALES 10:15 - 10:30 - BOX	ABDOMINALES 10:15 - 10:30 - FIT	ABDOMINALES 10:15 - 10:30 - FIT	ABDOMINALES 10:15 - 10:30 - FIT	ABDOMINALES 10:15 - 10:30 - FIT	B.PUMP 10:30 - 11:25 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	B.PUMP 10:30 - 11:25 - ST1	CROSSTRaining 10:30 - 11:25 - BOX	CROSSTRaining 10:30 - 11:25 - BOX	CROSSTRaining 10:30 - 11:25 - BOX	B.PUMP 10:30 - 11:25 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC	
10:00	CROSSTRaining 10:30 - 11:25 - BOX	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC	CROSSTRaining 10:30 - 11:25 - BOX		
	CYCLING VIRTUAL 10:30 - 11:15 - CYC	GAP 10:30 - 10:55 - FIT	ESTIRAMIENTOS 10:30 - 10:55 - FIT	PILATES EXPERT 10:30 - 11:15 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC		
	ESTIRAMIENTOS 10:30 - 10:55 - FIT	PILATES EXPERT 10:30 - 11:15 - ST1	ZUMBA 10:30 - 11:25 - ST1		ESTIRAMIENTOS 10:30 - 10:55 - FIT		
	ABDOMINALES 11:15 - 11:30 - FIT	ABDOMINALES 11:15 - 11:30 - FIT	ABDOMINALES 11:15 - 11:30 - FIT	ABDOMINALES 11:15 - 11:30 - FIT	B.COMBAT 11:30 - 12:25 - ST1	CYCLING 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC		
	PILATES NOVEL 11:30 - 12:15 - ST1	STEP 11:30 - 12:15 - ST1		TONE 11:30 - 12:15 - ST1			
12:00	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC
					ZUMBA 12:30 - 13:25 - ST1		
13:00	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC		
14:00	CYCLING 14:30 - 15:15 - CYC	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:25 - ST1	CYCLING 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC		
16:00	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC		
17:00	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC		
	B.BALANCE 17:30 - 18:25 - ST1	TRX 17:00 - 17:25 - FIT	FITNESS KIDS 17:30 - 18:25 - FIT	TRX 17:00 - 17:25 - CYC			
	FITNESS KIDS 17:30 - 18:25 - FIT	FUNCTIONAL 17:30 - 18:15 - FIT	GAP 17:30 - 18:15 - ST1	FUNCTIONAL 17:30 - 18:15 - BOX			
		TONE 17:30 - 18:15 - ST1		PILATES EXPERT 17:30 - 18:15 - ST1			

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	CYCLING VIRTUAL 18:00 - 18:45 - CYC	CYCLING 18:00 - 18:45 - CYC	CYCLING VIRTUAL 18:00 - 18:45 - CYC	CYCLING 18:00 - 18:45 - CYC	CYCLING VIRTUAL 18:00 - 18:45 - CYC		
	B.COMBAT 18:30 - 19:25 - ST1	CROSSTRaining 18:30 - 19:25 - BOX	B.PUMP 18:30 - 19:25 - ST1	CROSSTRaining 18:30 - 19:25 - BOX	ZUMBA 18:00 - 18:55 - ST1		
	CROSSTRaining 18:30 - 19:25 - BOX	ESPALDA SANA 18:30 - 18:55 - FIT	CROSSTRaining 18:30 - 19:25 - BOX	ESPALDA SANA 18:30 - 18:55 - FIT	ABDOMINALES 18:15 - 18:30 - FIT		
	ESPALDA SANA 18:30 - 18:55 - FIT	ZUMBA 18:30 - 19:25 - ST1	HIIT 18:30 - 18:55 - FIT	ZUMBA 18:30 - 19:15 - ST1	CROSSTRaining 18:30 - 19:25 - BOX		
19:00					TRX 18:30 - 18:55 - FIT		
					B.PUMP 19:00 - 19:55 - ST1		
					CYCLING VIRTUAL 19:00 - 19:45 - CYC		
20:00	CYCLING 19:00 - 19:45 - CYC	CYCLING 19:00 - 19:45 - CYC	CYCLING 19:00 - 19:45 - CYC	CYCLING 19:00 - 19:45 - CYC			
	ABDOMINALES 19:15 - 19:30 - FIT	ABDOMINALES 19:15 - 19:30 - CYC	ABDOMINALES 19:15 - 19:30 - FIT	ABDOMINALES 19:15 - 19:30 - FIT			
	B.PUMP 19:30 - 20:25 - ST1	CROSSTRaining 19:30 - 20:25 - BOX	B.COMBAT 19:30 - 20:25 - ST1	CROSSTRaining 19:30 - 20:25 - BOX			
	CROSSTRaining 19:30 - 20:25 - BOX	PILATESS EXPERT 19:30 - 20:15 - ST1	CROSSTRaining 19:30 - 20:25 - BOX	STEP 19:30 - 20:15 - ST1			
21:00	ESTIRAMIENTOS 19:30 - 19:55 - FIT	TRX 19:30 - 19:55 - FIT	ESTIRAMIENTOS 19:30 - 19:55 - FIT				
	CYCLING 20:00 - 20:45 - CYC	CYCLING 20:00 - 20:45 - CYC	CYCLING 20:00 - 20:45 - CYC	CYCLING 20:00 - 20:45 - CYC	CYCLING 20:00 - 20:45 - CYC		
	ABDOMINALES 20:15 - 20:30 - FIT	RUNNING 20:00 - 20:55 - OUT	ABDOMINALES 20:15 - 20:30 - FIT	RUNNING 20:00 - 20:55 - OUT			
	CROSSTRaining 20:30 - 21:25 - BOX	ABDOMINALES 20:15 - 20:30 - FIT	CROSSTRaining 20:30 - 21:25 - BOX	ABDOMINALES 20:15 - 20:30 - FIT			
21:00	TONE 20:30 - 20:55 - ST1	CROSSTRaining 20:30 - 21:25 - BOX	DANCEWITHME 20:30 - 21:15 - ST1	B.COMBAT 20:30 - 21:25 - BOX			
		STEP 20:30 - 21:15 - ST1		B.PUMP 20:30 - 21:25 - ST1			
	CYCLING 21:00 - 21:45 - CYC	CYCLING 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC	CYCLING 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC		
	TRX 21:00 - 21:25 - CYC	ABDOMINALES 21:15 - 21:30 - FIT	TONE 21:15 - 22:00 - ST1	FUNCTIONAL 21:30 - 22:15 - BOX			
21:00	ABDOMINALES 21:15 - 21:30 - FIT	B.PUMP 21:15 - 22:10 - ST1					
	FUNCTIONAL 21:30 - 22:15 - BOX						

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