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	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		
09:00	B.PUMP 09:30 - 10:25 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:25 - ST1	B.BALANCE 09:30 - 10:25 - ST1 CYCLING 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:25 - ST1 ZUMBA 09:30 - 10:25 - ST2	B.BALANCE 09:30 - 10:25 - ST1 CYCLING 09:30 - 10:15 - CYC	B.PUMP 09:30 - 10:25 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC ZUMBA 09:30 - 10:25 - ST1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
10:00	CYCLING 10:30 - 11:15 - CYC GIMNASIA SUAVE 10:30 - 11:25 - ST2	TRX 10:00 - 10:25 - FUN B.PUMP 10:30 - 11:25 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC TONE 10:30 - 11:25 - ST1	FUNCTIONAL 10:00 - 10:25 - FUN CYCLING 10:30 - 11:15 - CYC GIMNASIA SUAVE 10:30 - 11:25 - ST2	TRX 10:00 - 10:25 - FUN B.PUMP 10:30 - 11:25 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC TONE 10:30 - 11:25 - ST1	CYCLING 10:30 - 11:15 - CYC GIMNASIA SUAVE 10:30 - 11:25 - ST2 PILATES 10:30 - 11:25 - ST1	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
11:00	FUNCTIONAL 11:00 - 11:25 - FUN B.COMBAT 11:30 - 12:25 - ST1 CYCLING VIRTUAL 11:30 - 12:15 - CYC ZUMBA 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC GAP 11:30 - 11:55 - ST1 ZUMBA 11:30 - 12:20 - ST2	B.COMBAT 11:30 - 12:25 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC FUNCTIONAL 11:30 - 11:55 - FUN	CYCLING VIRTUAL 11:30 - 12:15 - CYC FUNCTIONAL 11:30 - 11:55 - FUN ZUMBA 11:30 - 12:20 - ST2	B.COMBAT 11:30 - 12:25 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC FUNCTIONAL 11:30 - 11:55 - FUN	B.PUMP 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC
12:00	CYCLING VIRTUAL 12:30 - 13:15 - CYC FUNCTIONAL 12:30 - 12:55 - FUN	FUNCTIONAL 12:00 - 12:25 - FUN ABDOMINALES 12:30 - 12:55 - FUN CYCLING VIRTUAL 12:30 - 13:15 - CYC	ABDOMINALES 12:00 - 12:25 - FUN CYCLING VIRTUAL 12:30 - 13:15 - CYC	ABDOMINALES 12:00 - 12:25 - FUN 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
13:00	ABDOMINALES 13:00 - 13:25 - FUN 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 VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC		
15:00	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC		
16:00	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC		
17:00	TAEKWONDO 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 17:55 - FUN	FITNESS KIDS 17:00 - 17:55 - ST1 CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 17:55 - FUN	TAEKWONDO 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 17:55 - FUN	FITNESS KIDS 17:00 - 17:55 - ST1 CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 17:55 - FUN	CYCLING VIRTUAL 17:30 - 18:15 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

Lowfit se reserva el derecho de cualquier modificación en el horario por motivos externos.

Toda la Información en nuestra web
www.lowfit.com

Lowfit en las Redes sociales

Horario
de actividades dirigidas

Centro

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	ABDOMINALES 18:00 - 18:25 - FUN	ABDOMINALES 18:00 - 18:25 - ST1	ABDOMINALES 18:00 - 18:25 - FUN	ABDOMINALES 18:00 - 18:25 - FUN	ZUMBA 18:00 - 18:50 - ST2		
	PILATES 18:00 - 18:55 - ST1	DANCEWITHME 18:00 - 18:55 - ST2	B.COMBAT 18:00 - 18:55 - ST1	LATINO 18:00 - 18:55 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC		
	TONE 18:00 - 18:55 - ST2	STEP 18:00 - 18:55 - FUN	TONE 18:00 - 18:55 - ST2	ESPALDA SANA 18:30 - 18:55 - ST1	FUNCTIONAL 18:30 - 18:55 - FUN		
	TRX 18:30 - 18:55 - FUN	ESPALDA SANA 18:30 - 18:55 - ST1	TRX 18:30 - 18:55 - FUN				
19:00	CYCLING 19:00 - 19:45 - CYC	B.PUMP 19:00 - 19:55 - ST2	CYCLING 19:00 - 19:45 - CYC	B.COMBAT 19:00 - 19:55 - ST2	B.PUMP 19:00 - 19:55 - ST2		
	GAP 19:00 - 19:25 - ST1	CYCLING 19:00 - 19:45 - CYC	GAP 19:00 - 19:25 - FUN	CYCLING 19:00 - 19:45 - CYC	GAP 19:00 - 19:25 - ST1		
	ZUMBA 19:00 - 19:55 - ST2	PILATES 19:00 - 19:55 - ST1	ZUMBA 19:00 - 19:50 - ST2	PILATES 19:00 - 19:55 - ST1	CYCLING 19:30 - 20:15 - CYC		
	FUNCTIONAL 19:30 - 19:55 - FUN		FUNCTIONAL 19:30 - 19:55 - FUN				
20:00	ABDOMINALES 20:00 - 20:25 - FUN	B.COMBAT 20:00 - 20:55 - ST2	ABDOMINALES 20:00 - 20:25 - FUN	GAP 20:00 - 20:25 - ST1	ABDOMINALES 20:00 - 20:25 - FUN		
	B.BALANCE 20:00 - 20:55 - ST1	GAP 20:00 - 20:25 - ST1	B.BALANCE 20:00 - 20:55 - ST1	HIIT 20:00 - 20:25 - FUN	CYCLING VIRTUAL 20:30 - 21:15 - CYC		
	B.PUMP 20:00 - 20:55 - ST2	HIIT 20:00 - 20:25 - FUN	B.PUMP 20:00 - 20:55 - ST2	ZUMBA 20:00 - 20:55 - ST2			
	CYCLING 20:30 - 21:15 - CYC	CYCLING 20:30 - 21:15 - CYC	CYCLING 20:30 - 21:15 - CYC	ABDOMINALES 20:30 - 20:55 - FUN			
	GAP 20:30 - 20:55 - FUN	TRX 20:30 - 20:55 - FUN	FUNCTIONAL 20:30 - 20:55 - FUN	CYCLING 20:30 - 21:15 - CYC			
21:00	B.COMBAT 21:00 - 21:55 - ST2	ABDOMINALES 21:00 - 21:25 - FUN	GAP 21:00 - 21:25 - ST2	B.PUMP 21:00 - 21:55 - ST2	CYCLING VIRTUAL 21:30 - 22:15 - CYC		
	FUNCTIONAL 21:00 - 21:25 - FUN	ZUMBA 21:00 - 21:50 - ST2	YOGA 21:00 - 21:55 - ST1	TRX 21:00 - 21:25 - FUN			
	YOGA 21:00 - 21:55 - ST1	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC			
	ABDOMINALES 21:30 - 21:55 - FUN	FUNCTIONAL 21:30 - 21:55 - FUN	TRX 21:30 - 21:55 - FUN	FUNCTIONAL 21:30 - 21:55 - FUN			
	CYCLING VIRTUAL 21:30 - 22:15 - CYC						

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

Lowfit se reserva el derecho de cualquier modificación en el horario por motivos externos.

Toda la Información en nuestra web
www.lowfit.com

Lowfit en las Redes sociales