

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	VIRTUAL CYCLING 07:30 - 08:15 - CYC	VIRTUAL CYCLING 07:30 - 08:15 - CYC	VIRTUAL CYCLING 07:30 - 08:15 - CYC	VIRTUAL CYCLING 07:30 - 08:15 - CYC	VIRTUAL CYCLING 07:30 - 08:15 - CYC		
08:00	VIRTUAL CYCLING 08:30 - 09:15 - CYC	VIRTUAL CYCLING 08:30 - 09:15 - CYC	VIRTUAL CYCLING 08:30 - 09:15 - CYC	VIRTUAL CYCLING 08:30 - 09:15 - CYC	VIRTUAL CYCLING 08:30 - 09:15 - CYC		
09:00	BODY PUMP 09:30 - 10:25 - ST2	BODY BALANCE 09:30 - 10:25 - ST1	PILATES 09:30 - 10:25 - ST1	BODY BALANCE 09:30 - 10:25 - ST1	BODY PUMP 09:30 - 10:25 - ST2	VIRTUAL CYCLING 09:30 - 10:15 - CYC	VIRTUAL CYCLING 09:30 - 10:15 - CYC
	PILATES 09:30 - 10:25 - ST1	CYCLING 09:30 - 10:15 - CYC	VIRTUAL CYCLING 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:15 - CYC	VIRTUAL CYCLING 09:30 - 10:15 - CYC		
10:00	VIRTUAL CYCLING 09:30 - 10:15 - CYC		ZUMBA 09:30 - 10:25 - ST2		ZUMBA 09:30 - 10:25 - ST1		
	CYCLING 10:30 - 11:15 - CYC	TRX 10:00 - 10:25 - FUN	FUNCTIONAL 10:00 - 10:25 - FUN	TRX 10:00 - 10:25 - FUN	CYCLING 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC	VIRTUAL CYCLING 10:30 - 11:15 - CYC
	GIMNASIA SUAVE 10:30 - 11:25 - ST2	BODY PUMP 10:30 - 11:25 - ST2	CYCLING 10:30 - 11:15 - CYC	BODY PUMP 10:30 - 11:25 - ST2	GIMNASIA SUAVE 10:30 - 11:25 - ST2		
		TONE 10:30 - 11:25 - ST1	GIMNASIA SUAVE 10:30 - 11:25 - ST2	TONE 10:30 - 11:25 - ST1	PILATES 10:30 - 11:25 - ST1		
		VIRTUAL CYCLING 10:30 - 11:15 - CYC		VIRTUAL CYCLING 10:30 - 11:15 - CYC			
11:00	FUNCTIONAL 11:00 - 11:25 - FUN	GAP 11:30 - 11:55 - ST1	BODY COMBAT 11:30 - 12:25 - ST2	FUNCTIONAL 11:30 - 11:55 - FUN	BODY COMBAT 11:30 - 12:25 - ST2	BODY PUMP 11:30 - 12:25 - ST2	VIRTUAL CYCLING 11:30 - 12:15 - CYC
	BODY COMBAT 11:30 - 12:25 - ST1	VIRTUAL CYCLING 11:30 - 12:15 - CYC	FUNCTIONAL 11:30 - 11:55 - FUN	VIRTUAL CYCLING 11:30 - 12:15 - CYC	FUNCTIONAL 11:30 - 11:55 - FUN		
	VIRTUAL CYCLING 11:30 - 12:15 - CYC	ZUMBA 11:30 - 12:20 - ST2	VIRTUAL CYCLING 11:30 - 12:15 - CYC	ZUMBA 11:30 - 12:20 - ST2	VIRTUAL CYCLING 11:30 - 12:15 - CYC		
	ZUMBA 11:30 - 12:25 - ST2						
12:00	FUNCTIONAL 12:30 - 12:55 - FUN	FUNCTIONAL 12:00 - 12:25 - FUN	ABDOMINALES 12:00 - 12:25 - FUN	ABDOMINALES 12:00 - 12:25 - FUN	VIRTUAL CYCLING 12:30 - 13:15 - CYC	VIRTUAL CYCLING 12:30 - 13:15 - CYC	VIRTUAL CYCLING 12:30 - 13:15 - CYC
	VIRTUAL CYCLING 12:30 - 13:15 - CYC	ABDOMINALES 12:30 - 12:55 - FUN	VIRTUAL CYCLING 12:30 - 13:15 - CYC	VIRTUAL CYCLING 12:30 - 13:15 - CYC			
		VIRTUAL CYCLING 12:30 - 13:15 - CYC					
13:00	ABDOMINALES 13:00 - 13:25 - FUN	VIRTUAL CYCLING 13:30 - 14:15 - CYC	VIRTUAL CYCLING 13:30 - 14:15 - CYC	VIRTUAL CYCLING 13:30 - 14:15 - CYC	VIRTUAL CYCLING 13:30 - 14:15 - CYC		
	VIRTUAL CYCLING 13:30 - 14:15 - CYC						
14:00	VIRTUAL CYCLING 14:30 - 15:15 - CYC	VIRTUAL CYCLING 14:30 - 15:15 - CYC	VIRTUAL CYCLING 14:30 - 15:15 - CYC	VIRTUAL CYCLING 14:30 - 15:15 - CYC	VIRTUAL CYCLING 14:30 - 15:15 - CYC		
15:00	VIRTUAL CYCLING 15:30 - 16:15 - CYC	VIRTUAL CYCLING 15:30 - 16:15 - CYC	VIRTUAL CYCLING 15:30 - 16:15 - CYC	VIRTUAL CYCLING 15:30 - 16:15 - CYC	VIRTUAL CYCLING 15:30 - 16:15 - CYC		
16:00	VIRTUAL CYCLING 16:30 - 17:15 - CYC	VIRTUAL CYCLING 16:30 - 17:15 - CYC	VIRTUAL CYCLING 16:30 - 17:15 - CYC	VIRTUAL CYCLING 16:30 - 17:15 - CYC	VIRTUAL CYCLING 16:30 - 17:15 - CYC		
17:00	TAEKWONDO 17:00 - 17:55 - ST2	FITNESS KIDS 17:00 - 17:55 - ST1	TAEKWONDO 17:00 - 17:55 - ST2	FITNESS KIDS 17:00 - 17:55 - ST1	VIRTUAL CYCLING 17:30 - 18:15 - CYC		
	FUNCTIONAL 17:30 - 17:55 - FUN	FUNCTIONAL 17:30 - 17:55 - FUN	FUNCTIONAL 17:30 - 17:55 - FUN	FUNCTIONAL 17:30 - 17:55 - FUN			
	VIRTUAL CYCLING 17:30 - 18:15 - CYC	VIRTUAL CYCLING 17:30 - 18:15 - CYC	VIRTUAL CYCLING 17:30 - 18:15 - CYC	VIRTUAL CYCLING 17:30 - 18:15 - CYC			

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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	BODY COMBAT 18:00 - 18:55 - ST1	LATINO 18:00 - 18:55 - ST2	FUNCTIONAL 18:30 - 18:55 - FUN		
	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	VIRTUAL CYCLING 18:30 - 19:15 - CYC		
	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	BODY PUMP 19:00 - 19:55 - ST2	CYCLING 19:00 - 19:45 - CYC	BODY COMBAT 19:00 - 19:55 - ST2	BODY 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	BODY COMBAT 20:00 - 20:55 - ST2	ABDOMINALES 20:00 - 20:25 - FUN	GAP 20:00 - 20:25 - ST1	ABDOMINALES 20:00 - 20:25 - FUN		
	BODY BALANCE 20:00 - 20:55 - ST1	GAP 20:00 - 20:25 - ST1	BODY BALANCE 20:00 - 20:55 - ST1	HIIT 20:00 - 20:25 - FUN	VIRTUAL CYCLING 20:30 - 21:15 - CYC		
	BODY PUMP 20:00 - 20:55 - ST2	HIIT 20:00 - 20:25 - FUN	BODY 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	BODY COMBAT 21:00 - 21:55 - ST2	ABDOMINALES 21:00 - 21:25 - FUN	GAP 21:00 - 21:25 - ST2	BODY PUMP 21:00 - 21:55 - ST2	VIRTUAL CYCLING 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	FUNCTIONAL 21:30 - 21:55 - FUN	TRX 21:30 - 21:55 - FUN	FUNCTIONAL 21:30 - 21:55 - FUN			
	ABDOMINALES 21:30 - 21:55 - FUN	VIRTUAL CYCLING 21:30 - 22:15 - CYC	VIRTUAL CYCLING 21:30 - 22:15 - CYC	VIRTUAL CYCLING 21:30 - 22:15 - CYC			
	VIRTUAL CYCLING 21:30 - 22:15 - CYC						