

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	PILATES 08:30 - 09:25 - ST1	BODY BALANCE 08:30 - 09:25 - ST1	PILATES 08:30 - 09:25 - ST1	BODY BALANCE 08:30 - 09:25 - ST1	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	CYCLING 09:30 - 10:20 - CYC	GAP 09:30 - 10:25 - ST2	CYCLING 09:30 - 10:20 - CYC	BODY PUMP 09:30 - 10:25 - ST2	CYCLING 09:30 - 10:20 - CYC	VIRTUAL CYCLING 09:30 - 10:15 - CYC	VIRTUAL CYCLING 09:30 - 10:15 - CYC
	ESPALDA SANA 09:30 - 10:25 - ST1	PILATES 09:30 - 10:25 - ST1	ESPALDA SANA 09:30 - 10:25 - ST1	PILATES 09:30 - 10:25 - ST1	ESPALDA SANA 09:30 - 10:25 - ST1		
10:00	STEP 09:30 - 10:25 - ST2	VIRTUAL CYCLING 09:30 - 10:15 - CYC	STEP 09:30 - 10:25 - ST2	VIRTUAL CYCLING 09:30 - 10:15 - CYC	STONE 09:30 - 10:15 - ST2		
	ABDOMINALES 10:30 - 10:55 - FUN	ATTACK 10:30 - 11:25 - ST2	GAP 10:30 - 11:25 - ST2	CYCLING 10:30 - 11:20 - CYC	BODY PUMP 10:30 - 11:25 - ST2	CYCLING 10:30 - 11:20 - CYC	VIRTUAL CYCLING 10:30 - 11:15 - CYC
	BODY PUMP 10:30 - 11:25 - ST2	CYCLING 10:30 - 11:20 - CYC	GIMNASIA SUAVE 10:30 - 11:25 - ST1	GAP 10:30 - 10:55 - FUN	GAP 10:30 - 11:00 - FUN		
	GIMNASIA SUAVE 10:30 - 11:25 - ST1	GIMNASIA SUAVE 10:30 - 11:25 - ST1	HIIT 10:30 - 10:55 - FUN	GIMNASIA SUAVE 10:30 - 11:25 - ST1	GIMNASIA SUAVE 10:30 - 11:25 - ST1		
11:00	VIRTUAL CYCLING 10:30 - 11:15 - CYC		VIRTUAL CYCLING 10:30 - 11:15 - CYC		VIRTUAL CYCLING 10:30 - 11:15 - CYC		
	TRX 11:00 - 11:25 - FUN	CORE 11:30 - 11:55 - FUN	TRX 11:00 - 11:25 - FUN	ESPALDA SANA 11:30 - 12:25 - ST1	PILATES 11:30 - 12:25 - ST1	BODY PUMP 11:30 - 12:25 - ST2	
	BODY BALANCE 11:30 - 12:25 - ST1	ESPALDA SANA 11:30 - 12:25 - ST1	BODY PUMP 11:30 - 12:25 - ST2	ZUMBA 11:30 - 12:25 - ST2	ZUMBA 11:30 - 12:25 - ST2		
12:00	ZUMBA 11:30 - 12:25 - ST2	ZUMBA 11:30 - 12:25 - ST2	YOGA 11:30 - 12:25 - ST1				
	BODY COMBAT 12:30 - 13:25 - ST1	HIIT 12:00 - 12:25 - FUN	BODY COMBAT 12:30 - 13:25 - ST1	VIRTUAL CYCLING 12:30 - 13:15 - CYC	BODY COMBAT 12:30 - 13:25 - ST1	VIRTUAL CYCLING 12:30 - 13:15 - CYC	VIRTUAL CYCLING 12:30 - 13:15 - CYC
13:00	VIRTUAL CYCLING 12:30 - 13:15 - CYC	BODY PUMP 12:30 - 13:25 - ST2	VIRTUAL CYCLING 12:30 - 13:15 - CYC		VIRTUAL CYCLING 12:30 - 13:15 - 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	VIRTUAL CYCLING 13:30 - 14:15 - CYC		
14:00	BODY PUMP 14:30 - 15:25 - ST2	CYCLING 14:30 - 15:20 - CYC	BODY PUMP 14:30 - 15:25 - ST2	CYCLING 14:30 - 15:20 - 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		
	PILATES 17:00 - 17:55 - ST1	STONE 17:00 - 17:45 - ST1	PILATES 17:00 - 17:55 - ST1	STONE 17:00 - 17:45 - ST1	VIRTUAL CYCLING 17:30 - 18:15 - CYC		
18:00	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			
	ATTACK 18:00 - 18:55 - ST1	BODY BALANCE 18:00 - 18:55 - ST1	ABDOMINALES 18:00 - 18:30 - FUN	ESPALDA SANA 18:00 - 18:25 - FUN	PILATES 18:00 - 18:55 - ST1		
	HIIT 18:00 - 18:25 - FUN	BODY PUMP 18:00 - 18:55 - ST2	ATTACK 18:00 - 18:55 - ST1	GAP 18:00 - 18:55 - ST1	CYCLING 18:30 - 19:20 - CYC		
	STEP 18:00 - 18:55 - ST2	ESPALDA SANA 18:00 - 18:25 - FUN	BODY PUMP 18:00 - 18:55 - ST2	ATTACK 18:30 - 18:55 - ST2			
	ABDOMINALES 18:30 - 18:55 - FUN	ABDOMINALES 18:30 - 19:00 - FUN	CYCLING 18:30 - 19:20 - CYC	CYCLING 18:30 - 19:20 - CYC			
	CYCLING 18:30 - 19:20 - CYC	CYCLING 18:30 - 19:20 - CYC	TRX 18:30 - 18:55 - FUN				

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:00	ESPALDA SANA 19:00 - 19:25 - FUN	FUNCTIONAL 19:00 - 19:25 - FUN	ESPALDA SANA 19:00 - 19:25 - FUN	BODY COMBAT 19:00 - 19:55 - ST1	BODY PUMP 19:00 - 19:55 - ST2		
	ZUMBA 19:00 - 19:55 - ST2	STEP 19:00 - 19:55 - ST2	GAP 19:00 - 19:55 - ST2	TRX 19:00 - 19:25 - FUN			
	GAP 19:15 - 20:10 - ST1	PILATES 19:15 - 20:10 - ST1	BODY COMBAT 19:15 - 20:10 - ST1	PILATES 19:15 - 20:10 - ST1			
	CYCLING 19:30 - 20:20 - CYC	CYCLING 19:30 - 20:20 - CYC	CYCLING 19:30 - 20:20 - CYC	ABDOMINALES 19:30 - 19:55 - FUN			
	TRX 19:30 - 19:55 - FUN	TRX 19:30 - 19:55 - FUN	HIIT 19:30 - 19:55 - FUN	CYCLING 19:30 - 20:20 - CYC			
20:00	BODY PUMP 20:00 - 20:55 - ST2	BODY COMBAT 20:00 - 20:55 - ST2	CORE 20:00 - 20:25 - FUN	BODY PUMP 20:00 - 20:55 - ST2	BODY COMBAT 20:00 - 20:55 - ST2		
	CORE 20:00 - 20:25 - FUN	GAP 20:00 - 20:25 - FUN	SALSATION 20:00 - 20:55 - ST2	TRX 20:00 - 20:25 - FUN	CYCLING 20:15 - 21:05 - CYC		
	BODY BALANCE 20:15 - 21:10 - ST1	YOGA 20:15 - 21:10 - ST1	TONE 20:15 - 21:00 - ST1	YOGA 20:15 - 21:10 - ST1			
	CYCLING 20:30 - 21:20 - CYC	CORE 20:30 - 20:55 - FUN	CYCLING 20:30 - 21:20 - CYC	CORE 20:30 - 20:55 - FUN			
	FUNCTIONAL 20:30 - 20:55 - FUN	CYCLING 20:30 - 21:15 - CYC	TRX 20:30 - 20:55 - FUN	CYCLING 20:30 - 21:20 - CYC			
21:00	BODY COMBAT 21:00 - 21:55 - ST2	ATTACK 21:00 - 21:55 - ST1	BODY PUMP 21:00 - 21:55 - ST2	HIIT 21:00 - 21:25 - FUN	BODY BALANCE 21:00 - 21:55 - ST1		
	TRX 21:00 - 21:25 - FUN	TRX 21:00 - 21:25 - FUN	FUNCTIONAL 21:00 - 21:25 - FUN	ZUMBA 21:00 - 21:55 - ST2	VIRTUAL CYCLING 21:30 - 22:15 - CYC		
	AFRICANDANCE 21:15 - 22:10 - ST1	ZUMBA 21:00 - 21:55 - ST2	BODY BALANCE 21:15 - 22:10 - ST1	BODY BALANCE 21:15 - 22:10 - ST1			
	ABDOMINALES 21:30 - 22:00 - FUN	ABDOMINALES 21:30 - 22:00 - FUN	GAP 21:30 - 21:55 - FUN	ABDOMINALES 21:30 - 22:00 - FUN			
	CYCLING 21:30 - 22:20 - CYC	CYCLING 21:30 - 22:20 - CYC	VIRTUAL CYCLING 21:30 - 22:15 - CYC	VIRTUAL CYCLING 21:30 - 22:15 - CYC			