

# Horario de actividades dirigidas

Centro

Horario Completo



| HORA  | LUNES                                                                     | MARTES                                                                 | MIÉRCOLES                                                                | JUEVES                                                               | VIERNES                                                                 | SÁBADO                                 | DOMINGO                                |
|-------|---------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------|----------------------------------------|
| 09:00 | PILATES<br>09:30 - 10:10 - ST1                                            | GIMNASIA SUAVE<br>09:30 - 10:10 - ST1                                  | PILATES<br>09:30 - 10:10 - ST1                                           | GIMNASIA SUAVE<br>09:30 - 10:10 - ST2                                | TONE<br>09:30 - 10:10 - CYC                                             |                                        |                                        |
| 10:00 | B.PUMP<br>10:30 - 11:10 - ST2<br>CYCLING VIRTUAL<br>10:30 - 11:10 - CYC   | CYCLING<br>10:30 - 11:10 - CYC                                         | CYCLING VIRTUAL<br>10:30 - 11:10 - CYC<br>GAP<br>10:30 - 11:10 - ST2     | CYCLING<br>10:30 - 11:10 - CYC                                       | B.PUMP<br>10:30 - 11:10 - ST2<br>CYCLING VIRTUAL<br>10:30 - 11:10 - CYC | CYCLING VIRTUAL<br>10:30 - 11:10 - CYC | CYCLING VIRTUAL<br>10:30 - 11:10 - CYC |
| 11:00 | GAP<br>11:30 - 12:10 - ST2                                                | PILATES<br>11:30 - 12:10 - ST1                                         | B.PUMP<br>11:30 - 12:10 - ST2                                            | ZUMBA<br>11:30 - 12:10 - ST2                                         | PILATES<br>11:30 - 12:10 - ST1                                          | B.PUMP<br>11:00 - 11:40 - ST2          |                                        |
| 12:00 | B.COMBAT<br>12:30 - 13:10 - ST1                                           | B.PUMP<br>12:30 - 13:10 - ST2                                          | B.COMBAT<br>12:30 - 13:10 - ST1                                          |                                                                      |                                                                         |                                        |                                        |
| 14:00 | CYCLING VIRTUAL<br>14:30 - 15:10 - CYC                                    | CYCLING VIRTUAL<br>14:30 - 15:10 - CYC                                 | CYCLING VIRTUAL<br>14:30 - 15:10 - CYC                                   | CYCLING VIRTUAL<br>14:30 - 15:10 - CYC                               | CYCLING VIRTUAL<br>14:30 - 15:10 - CYC                                  |                                        |                                        |
| 18:00 | STEP<br>18:00 - 18:40 - ST2<br>CYCLING<br>18:30 - 19:10 - CYC             | B.PUMP<br>18:00 - 18:40 - ST2                                          | PILATES<br>18:00 - 18:40 - ST1<br>CYCLING VIRTUAL<br>18:30 - 19:10 - CYC | GAP<br>18:00 - 18:40 - ST1<br>CYCLING VIRTUAL<br>18:30 - 19:10 - CYC |                                                                         | CYCLING VIRTUAL<br>18:30 - 19:10 - CYC |                                        |
| 19:00 | PILATES<br>19:00 - 19:40 - ST1                                            | B.BALANCE<br>19:00 - 19:40 - ST1<br>CYCLING<br>19:30 - 20:10 - CYC     | B.COMBAT<br>19:00 - 19:40 - ST2                                          | B.COMBAT<br>19:00 - 19:40 - ST1                                      | B.PUMP<br>19:00 - 19:40 - ST2                                           |                                        |                                        |
| 20:00 | B.PUMP<br>20:00 - 20:40 - ST2<br>CYCLING<br>20:30 - 21:10 - CYC           | B.COMBAT<br>20:00 - 20:40 - ST2                                        | CYCLING<br>20:00 - 20:40 - CYC                                           | YOGA<br>20:00 - 20:40 - ST1                                          | CYCLING<br>20:00 - 20:40 - CYC                                          |                                        |                                        |
| 21:00 | B.COMBAT<br>21:00 - 21:40 - ST2<br>CYCLING VIRTUAL<br>21:30 - 22:10 - CYC | ZUMBA<br>21:00 - 21:40 - ST2<br>CYCLING VIRTUAL<br>21:30 - 22:10 - CYC | B.PUMP<br>21:00 - 21:40 - ST2                                            | CYCLING<br>21:00 - 21:40 - CYC                                       |                                                                         |                                        |                                        |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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