# Horario
## de actividades dirigidas

Centro — Horario Completo

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|---|
| 07:00 | | | CYCLING VIRTUAL<br>07:15 - 07:55 - CYC | | | | |
| 08:00 | PILATES<br>08:30 - 09:10 - ST2 | CYCLING VIRTUAL<br>08:30 - 09:10 - CYC | ESPALDA SANA<br>08:30 - 09:10 - ST1 | CYCLING VIRTUAL<br>08:30 - 09:10 - CYC | | | |
| 09:00 | CYCLING<br>09:30 - 10:10 - CYC | YOGA<br>09:30 - 10:10 - ST2 | CYCLING<br>09:30 - 10:10 - CYC | STEP FUNCIONAL<br>09:30 - 10:10 - ST2<br>YOGA<br>09:30 - 10:10 - ST1 | CYCLING<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 | B.PUMP<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<br>10:30 - 11:10 - CYC | |
| 11:00 | | B.COMBAT<br>11:30 - 12:10 - ST2 | | | B.COMBAT<br>11:30 - 12:10 - ST2 | | |
| 14:00 | | CYCLING VIRTUAL<br>14:30 - 15:10 - CYC | | CYCLING VIRTUAL<br>14:30 - 15:10 - CYC | | | |
| 18:00 | CROSSTRAINING<br>18:00 - 18:40 - ST2<br>CYCLING VIRTUAL<br>18:30 - 19:10 - CYC | YOGA<br>18:00 - 18:40 - ST2<br>CYCLING<br>18:30 - 19:10 - CYC | PILATES<br>18:00 - 18:40 - ST2 | YOGA<br>18:00 - 18:40 - ST2<br>CYCLING VIRTUAL<br>18:30 - 19:10 - CYC | CYCLING<br>18:00 - 18:40 - CYC | | |
| 19:00 | ESTIRAMIENTOS<br>19:00 - 19:40 - ST2<br>CYCLING<br>19:30 - 20:10 - CYC | GAP<br>19:30 - 20:10 - ST2 | B.PUMP<br>19:00 - 19:40 - ST2<br>CYCLING VIRTUAL<br>19:30 - 20:10 - CYC | CROSSTRAINING<br>19:00 - 19:40 - ST2 | B.PUMP<br>19:00 - 19:40 - ST2<br>CYCLING VIRTUAL<br>19:00 - 19:40 - CYC | | |
| 20:00 | B.PUMP<br>20:00 - 20:40 - ST2<br>ZUMBA<br>20:00 - 20:40 - ST1 | ZUMBA<br>20:00 - 20:40 - ST1<br>CYCLING VIRTUAL<br>20:30 - 21:10 - CYC | ZUMBA<br>20:00 - 20:40 - ST1<br>CYCLING<br>20:30 - 21:10 - CYC | B.PUMP<br>20:00 - 20:40 - ST2<br>CYCLING<br>20:30 - 21:10 - CYC | | | |
| 21:00 | B.COMBAT<br>21:00 - 21:40 - ST2 | B.PUMP<br>21:00 - 21:40 - ST2 | | | | | |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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