

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC		
08:00	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC		
09:00	B.PUMP 09:00 - 09:40 - ST2	B.COMBAT 09:00 - 09:40 - ST2	B.PUMP 09:00 - 09:40 - ST2	PILATES 09:00 - 09:40 - ST2	B.PUMP 09:00 - 09:40 - ST2	CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC
	CYCLING VIRTUAL 09:30 - 10:10 - CYC	AQUA HIIT 09:30 - 09:55 - Piscina	CYCLING VIRTUAL 09:30 - 10:10 - CYC	AQUA HIIT 09:30 - 09:55 - Piscina	CYCLING VIRTUAL 09:30 - 10:10 - CYC		
10:00	AQUA GYM 10:00 - 10:45 - Piscina	B.PUMP 10:00 - 10:40 - ST2	AQUA GYM 10:00 - 10:45 - Piscina	B.COMBAT 10:00 - 10:40 - ST2	B.COMBAT 10:00 - 10:40 - ST2	AQUA HIIT 10:00 - 10:25 - Piscina	CYCLING VIRTUAL 10:30 - 11:10 - CYC
	ZUMBA 10:00 - 10:40 - ST2	CYCLING VIRTUAL 10:30 - 11:10 - CYC	ZUMBA 10:00 - 10:40 - ST2	CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC	
	CYCLING VIRTUAL 10:30 - 11:10 - CYC		CYCLING 10:30 - 11:10 - CYC				
11:00	B.BALANCE 11:00 - 11:40 - ST2	AQUA GYM 11:00 - 11:45 - Piscina	AQUA HIIT 11:30 - 11:55 - Piscina	AQUA GYM 11:00 - 11:45 - Piscina	ZUMBA 11:00 - 11:40 - ST2	AQUA GYM 11:30 - 12:15 - Piscina	CYCLING VIRTUAL 11:30 - 12:10 - CYC
	AQUA HIIT 11:30 - 11:55 - Piscina	ZUMBA 11:00 - 11:40 - ST2	CYCLING VIRTUAL 11:30 - 12:10 - CYC	B.PUMP 11:00 - 11:40 - ST2	AQUA GYM 11:30 - 12:15 - Piscina	CYCLING VIRTUAL 11:30 - 12:10 - CYC	
	CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC		CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC		
12:00	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC
13:00	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC		
14:00	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC		
15:00	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC		
16:00	CYCLING VIRTUAL 16:30 - 17:10 - CYC	CYCLING VIRTUAL 16:30 - 17:10 - CYC	CYCLING VIRTUAL 16:30 - 17:10 - CYC	CYCLING VIRTUAL 16:30 - 17:10 - CYC	CYCLING VIRTUAL 16:30 - 17:10 - CYC		
17:00	CYCLING VIRTUAL 17:30 - 18:10 - CYC	CYCLING VIRTUAL 17:30 - 18:10 - CYC	CYCLING VIRTUAL 17:30 - 18:10 - CYC	CYCLING VIRTUAL 17:30 - 18:10 - CYC	CYCLING VIRTUAL 17:30 - 18:10 - CYC		
18:00	B.PUMP 18:00 - 18:40 - ST2	ZUMBA 18:00 - 18:40 - ST2	AQUA HIIT 18:30 - 18:55 - Piscina	PILATES 18:00 - 18:40 - ST2	ZUMBA 18:00 - 18:40 - ST2		
	AQUA HIIT 18:30 - 18:55 - Piscina	CYCLING 18:30 - 19:10 - CYC	CYCLING VIRTUAL 18:30 - 19:10 - CYC	CYCLING VIRTUAL 18:30 - 19:10 - CYC	CYCLING VIRTUAL 18:30 - 19:10 - CYC		
	CYCLING 18:30 - 19:10 - CYC						
19:00	PILATES 19:00 - 19:40 - ST1	AQUA GYM 19:00 - 19:45 - Piscina	GAP 19:00 - 19:25 - ST1	AQUA GYM 19:00 - 19:45 - Piscina	AQUA GYM 19:00 - 19:45 - Piscina		
	ZUMBA 19:00 - 19:40 - ST2	YOGA 19:00 - 19:40 - ST2	ZUMBA 19:00 - 19:40 - ST2	B.PUMP 19:00 - 19:40 - ST2	B.PUMP 19:00 - 19:40 - ST2		
	CYCLING 19:30 - 20:10 - CYC	CYCLING 19:30 - 20:10 - CYC	CYCLING 19:30 - 20:10 - CYC	CYCLING 19:30 - 20:10 - CYC	CYCLING 19:30 - 20:10 - CYC		
		GAP 19:30 - 19:55 - ST1					

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
20:00	AQUA GYM 20:00 - 20:45 - Piscina	AQUA HIIT 20:00 - 20:25 - Piscina	AQUA GYM 20:00 - 20:45 - Piscina	AQUA HIIT 20:00 - 20:25 - Piscina	CYCLING VIRTUAL 20:30 - 21:10 - CYC		
	B.COMBAT 20:00 - 20:40 - ST2	B.PUMP 20:00 - 20:40 - ST2	B.PUMP 20:00 - 20:40 - ST2	B.COMBAT 20:00 - 20:40 - ST2			
	CYCLING VIRTUAL 20:30 - 21:10 - CYC	CYCLING VIRTUAL 20:30 - 21:10 - CYC	CYCLING VIRTUAL 20:30 - 21:10 - CYC	CYCLING VIRTUAL 20:30 - 21:10 - CYC			
	SYNRGY360 20:30 - 20:55 - FIT	SYNRGY360 20:30 - 20:55 - FIT	SYNRGY360 20:30 - 20:55 - FIT				
21:00	B.PUMP 21:00 - 21:40 - ST2	B.COMBAT 21:00 - 21:40 - ST2	CYCLING VIRTUAL 21:30 - 22:10 - CYC	ZUMBA 21:00 - 21:40 - ST2	CYCLING VIRTUAL 21:30 - 22:10 - CYC		
	CYCLING VIRTUAL 21:30 - 22:10 - CYC	CYCLING VIRTUAL 21:30 - 22:10 - CYC		CYCLING VIRTUAL 21:30 - 22:10 - CYC			

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