

# Horario de actividades dirigidas

Centro

Horario Completo



| HORA  | LUNES                                  | MARTES                                      | MIÉRCOLES                              | JUEVES                                      | VIERNES                                | SÁBADO                                 | DOMINGO                                |
|-------|----------------------------------------|---------------------------------------------|----------------------------------------|---------------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|
| 06:00 | CYCLING VIRTUAL<br>06:30 - 07:15 - CYC | CYCLING VIRTUAL<br>06:30 - 07:15 - CYC      | CYCLING VIRTUAL<br>06:30 - 07:15 - CYC | CYCLING VIRTUAL<br>06:30 - 07:15 - CYC      | CYCLING VIRTUAL<br>06:30 - 07:15 - CYC |                                        |                                        |
| 07:00 | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC      | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC      | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC |                                        |                                        |
| 08:00 | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC      | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC      | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC |                                        |                                        |
| 09:00 | B.PUMP<br>09:30 - 10:20 - ST2          | CYCLING<br>09:30 - 10:15 - CYC              | B.COMBAT<br>09:30 - 10:20 - FUN        | CYCLING<br>09:30 - 10:15 - CYC              | B.PUMP<br>09:30 - 10:20 - ST2          | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC |
|       | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC | ZUMBA<br>09:30 - 10:20 - ST2                | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC | ZUMBA<br>09:30 - 10:20 - ST2                | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC |                                        |                                        |
|       | YOGA<br>09:30 - 10:20 - ST1            |                                             | YOGA<br>09:30 - 10:20 - ST1            |                                             |                                        |                                        |                                        |
| 10:00 | FUNCTIONAL<br>10:00 - 10:25 - FUN      | GLUTEOS<br>10:00 - 10:25 - FUN              | WOD<br>10:00 - 10:25 - FUN             | GLUTEOS<br>10:00 - 10:25 - FUN              | CYCLING<br>10:30 - 11:15 - CYC         | CYCLING<br>10:30 - 11:15 - CYC         | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC |
|       | ABDOMINALES<br>10:30 - 10:55 - FUN     | B.BALANCE<br>10:30 - 11:20 - ST1            | ABDOMINALES<br>10:30 - 10:55 - FUN     | B.BALANCE<br>10:30 - 11:20 - ST1            | PILATES<br>10:30 - 11:20 - ST1         |                                        |                                        |
|       | CYCLING<br>10:30 - 11:15 - CYC         | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC      | B.PUMP<br>10:30 - 11:20 - FUN          | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC      |                                        |                                        |                                        |
|       | PILATES<br>10:30 - 11:20 - ST1         | FUNCTIONAL<br>10:30 - 10:55 - FUN           | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC | FUNCTIONAL<br>10:30 - 10:55 - FUN           |                                        |                                        |                                        |
| 11:00 |                                        | MANTENTE EN<br>10:30 - 11:20 - ST2<br>FORMA | PILATES<br>10:30 - 11:20 - ST1         | MANTENTE EN<br>10:30 - 11:20 - ST2<br>FORMA |                                        |                                        |                                        |
|       | GLUTEOS<br>11:00 - 11:25 - FUN         | ABDOMINALES<br>11:00 - 11:25 - FUN          | GLUTEOS<br>11:00 - 11:25 - FUN         | ABDOMINALES<br>11:00 - 11:25 - FUN          | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC | B.PUMP<br>11:30 - 12:20 - ST2          | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC |
|       | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC | B.COMBAT<br>11:30 - 12:20 - ST2             | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC | B.COMBAT<br>11:30 - 12:20 - ST2             | FUNCTIONAL<br>11:30 - 11:55 - FUN      | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC |                                        |
|       | FUNCTIONAL<br>11:30 - 11:55 - FUN      | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC      | FUNCTIONAL<br>11:30 - 11:55 - FUN      | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC      | ZUMBA<br>11:30 - 12:20 - ST2           |                                        |                                        |
|       | ZUMBA<br>11:30 - 12:20 - ST2           | GLUTEOS<br>11:30 - 11:55 - FUN              |                                        | GLUTEOS<br>11:30 - 11:55 - FUN              |                                        |                                        |                                        |
| 12:00 | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC      | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC      | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC |
| 13:00 | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC      | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC      | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC |                                        |
| 14:00 | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC      | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC      | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC |                                        |
| 15:00 | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC      | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC      | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC |                                        |
| 16:00 | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC      | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC      | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC |                                        |
| 17:00 | FIT BOXING<br>17:00 - 17:50 - FUN      | DANCE KIDS<br>17:00 - 17:55 - ST1           | FIT BOXING<br>17:00 - 17:50 - FUN      | DANCE KIDS<br>17:00 - 17:55 - ST1           | FIT BOXING<br>17:00 - 17:50 - FUN      | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC |                                        |
|       | TEAKWONDO KIDS<br>17:00 - 17:55 - ST1  | FUNCTIONAL<br>17:30 - 17:55 - FUN           | TEAKWONDO KIDS<br>17:00 - 17:55 - ST1  | FUNCTIONAL<br>17:30 - 17:55 - FUN           | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC |                                        |                                        |
|       | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC |                                             | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC |                                             | GLUTEOS<br>17:30 - 17:55 - FUN         |                                        |                                        |
|       | GLUTEOS<br>17:30 - 17:55 - FUN         |                                             | GLUTEOS<br>17:30 - 17:55 - FUN         |                                             |                                        |                                        |                                        |

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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|-------|----------------------------------------|----------------------------------------|---------------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|---------|
| 18:00 | B.PUMP<br>18:00 - 18:50 - ST2          | CROSSTRAINING<br>18:00 - 18:50 - FUN   | CYCLING<br>18:00 - 18:45 - CYC              | CROSSTRAINING<br>18:00 - 18:50 - FUN   | B.PUMP<br>18:00 - 18:50 - ST2          | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC |         |
|       | CYCLING<br>18:00 - 18:45 - CYC         | CYCLING<br>18:00 - 18:45 - CYC         | FUNCTIONAL<br>18:00 - 18:25 - FUN           | CYCLING<br>18:00 - 18:45 - CYC         | LUDOTECA<br>18:00 - 19:00 - FUN        |                                        |         |
|       | FUNCTIONAL<br>18:00 - 18:25 - FUN      | GAMES KIDS<br>18:00 - 18:55 - FUN      | MANTENTE EN<br>18:00 - 18:50 - ST2<br>FORMA | GAMES KIDS<br>18:00 - 18:55 - FUN      |                                        |                                        |         |
|       | SPORTS KIDS<br>18:00 - 18:55 - ST1     | ZUMBA<br>18:00 - 18:50 - ST2           | SPORTS KIDS<br>18:00 - 18:55 - ST1          | ZUMBA<br>18:00 - 18:50 - ST2           |                                        |                                        |         |
|       | WOD<br>18:30 - 18:55 - FUN             |                                        | WOD<br>18:30 - 18:55 - FUN                  |                                        |                                        |                                        |         |
| 19:00 | ABDOMINALES<br>19:00 - 19:25 - FUN     | B.COMBAT<br>19:00 - 19:50 - ST2        | ABDOMINALES<br>19:00 - 19:25 - FUN          | B.COMBAT<br>19:00 - 19:50 - ST2        | CYCLING<br>19:00 - 19:45 - CYC         |                                        |         |
|       | CYCLING<br>19:00 - 19:45 - CYC         | FITNESS KIDS<br>19:00 - 19:55 - FUN    | CYCLING<br>19:00 - 19:45 - CYC              | FITNESS KIDS<br>19:00 - 19:55 - FUN    | LUDOTECA<br>19:00 - 20:00 - FUN        |                                        |         |
|       | GAMES KIDS<br>19:00 - 19:55 - ST1      | GLUTEOS<br>19:00 - 19:25 - FUN         | GAMES KIDS<br>19:00 - 19:55 - ST1           | GLUTEOS<br>19:00 - 19:25 - FUN         |                                        |                                        |         |
|       | ZUMBA<br>19:00 - 19:50 - ST2           | PILATES<br>19:00 - 19:50 - ST1         | ZUMBA<br>19:00 - 19:50 - ST2                | PILATES<br>19:00 - 19:50 - ST1         |                                        |                                        |         |
|       | ESPALDA SANA<br>19:30 - 19:55 - FUN    | CYCLING VIRTUAL<br>19:30 - 20:15 - CYC | ESPALDA SANA<br>19:30 - 19:55 - FUN         | CYCLING VIRTUAL<br>19:30 - 20:15 - CYC |                                        |                                        |         |
| 20:00 |                                        | FUNCTIONAL<br>19:30 - 19:55 - FUN      |                                             | FUNCTIONAL<br>19:30 - 19:55 - FUN      |                                        |                                        |         |
|       | B.BALANCE<br>20:00 - 20:50 - ST1       | ABDOMINALES<br>20:00 - 20:25 - FUN     | B.BALANCE<br>20:00 - 20:50 - ST1            | ABDOMINALES<br>20:00 - 20:25 - FUN     | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC |                                        |         |
|       | B.COMBAT<br>20:00 - 20:50 - ST2        | B.PUMP<br>20:00 - 20:50 - ST2          | B.COMBAT<br>20:00 - 20:50 - ST2             | B.PUMP<br>20:00 - 20:50 - ST2          |                                        |                                        |         |
|       | GLUTEOS<br>20:00 - 20:25 - FUN         | YOGA<br>20:00 - 20:50 - ST1            | GLUTEOS<br>20:00 - 20:25 - FUN              | YOGA<br>20:00 - 20:50 - ST1            |                                        |                                        |         |
|       | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC      | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC |                                        |                                        |         |
| 21:00 | FUNCTIONAL<br>20:30 - 20:55 - FUN      | GLUTEOS<br>20:30 - 20:55 - FUN         | FUNCTIONAL<br>20:30 - 20:55 - FUN           | GLUTEOS<br>20:30 - 20:55 - FUN         |                                        |                                        |         |
|       | CYCLING VIRTUAL<br>21:30 - 22:15 - CYC | CYCLING VIRTUAL<br>21:30 - 22:15 - CYC | CYCLING VIRTUAL<br>21:30 - 22:15 - CYC      | CYCLING VIRTUAL<br>21:30 - 22:15 - CYC | CYCLING VIRTUAL<br>21:30 - 22:15 - CYC |                                        |         |

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