

# Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	CICLO INDOOR VIR 06:30 - 07:15 - CYC	CICLO INDOOR VIR 06:30 - 07:15 - CYC	CICLO INDOOR VIR 06:30 - 07:15 - CYC	CYCLING VIRTUAL 06:30 - 07:15 - CYC	CYCLING VIRTUAL 06:30 - 07:15 - CYC		
07:00	WOD 07:00 - 07:55 - Box	WOD 07:00 - 07:55 - Box	WOD 07:00 - 07:55 - Box	HYBRID TRAINING 07:00 - 07:55 - Box	WOD 07:00 - 07:55 - Box		
	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC		
08:00	HYBRID TRAINING 08:00 - 08:55 - Box	WOD 08:00 - 08:55 - Box	FUNCTIONAL 08:00 - 08:55 - Box	WOD 08:00 - 08:55 - Box	HYBRID TRAINING 08:00 - 08:55 - Box		
	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - FIT	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	B.PUMP 09:30 - 10:20 - ST2	ABDOMINALES 09:00 - 09:25 - ST1	B.PUMP 09:30 - 10:25 - ST2	ABDOMINALES 09:00 - 09:25 - ST1	B.PUMP 09:30 - 10:25 - ST2	OPEN BOX 09:00 - 09:55 - Box	CYCLING VIRTUAL 09:30 - 10:15 - CYC
	CYCLING VIRTUAL 09:30 - 10:15 - CYC	AQUA HIIT 09:30 - 09:55 - Piscina	CYCLING VIRTUAL 09:30 - 10:15 - CYC	AQUA HIIT 09:30 - 09:55 - Piscina	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	OPEN BOX 09:30 - 10:25 - Box
	WOD 09:30 - 10:25 - Box	CYCLING VIRTUAL 09:30 - 10:15 - CYC	WOD 09:30 - 10:25 - Box	CYCLING VIRTUAL 09:30 - 10:15 - CYC	WOD 09:30 - 10:34 - Box		
		PILATES 09:30 - 10:25 - ST1		HYBRID TRAINING 09:30 - 10:25 - Box			
		TONE 09:30 - 10:15 - ST2		PILATES 09:30 - 10:25 - ST2			
		WOD 09:30 - 10:25 - Box		TONE 09:30 - 10:15 - ST1			
10:00	MANTENTE EN 10:00 - 10:25 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC	MANTENTE EN 10:00 - 10:25 - ST1	B.PUMP 10:30 - 11:25 - ST2	AQUA GYM 10:00 - 10:45 - Piscina	WOD 10:00 - 10:55 - Box	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	AQUADYNAMIC 10:30 - 11:15 - Piscina	FUNCTIONAL 10:30 - 11:25 - Box	AQUADYNAMIC 10:30 - 11:15 - Piscina	CYCLING VIRTUAL 10:30 - 11:15 - CYC	MANTENTE EN 10:00 - 10:25 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC	OPEN BOX 10:30 - 11:25 - Box
	CYCLING VIRTUAL 10:30 - 11:15 - CYC	YOGA 10:30 - 11:25 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC	WOD 10:30 - 11:25 - Box	CYCLING VIRTUAL 10:30 - 11:15 - CYC		
	HYBRID TRAINING 10:30 - 11:25 - Box	ZUMBA 10:30 - 11:25 - ST2	PILATES 10:30 - 11:25 - ST2	YOGA 10:30 - 11:25 - ST1	HYBRID TRAINING 10:30 - 11:25 - Box		
	PILATES 10:30 - 11:25 - ST1		WOD 10:30 - 11:25 - Box		PILATES 10:30 - 11:25 - ST2		
	ZUMBA 10:30 - 11:20 - ST2				ZUMBA 10:30 - 11:25 - ST1		
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	FUNCTIONAL 11:00 - 11:55 - Box	AQUA HIIT 11:00 - 11:25 - Piscina
	OPEN BOX 11:30 - 12:25 - Box	OPEN BOX 11:30 - 12:25 - Box	OPEN BOX 11:30 - 12:25 - Box	OPEN BOX 11:30 - 12:25 - Box	OPEN BOX 11:30 - 12:25 - Box	AQUA GYM 11:30 - 12:15 - Piscina	CYCLING VIRTUAL 11:30 - 12:15 - CYC
	YOGA 11:30 - 12:20 - ST1		YOGA 11:30 - 12:25 - ST2	ZUMBA 11:30 - 12:25 - ST2		CYCLING VIRTUAL 11:30 - 12:15 - CYC	OPEN BOX 11:30 - 12:25 - Box
12:00	AQUA GYM 12:30 - 13:15 - Piscina	AQUAGAP 12:00 - 12:45 - Piscina	AQUA GYM 12:30 - 13:15 - Piscina	AQUADYNAMIC 12:00 - 12:45 - Piscina	AQUA GYM 12:30 - 13:15 - Piscina	OPEN BOX 12:00 - 12:55 - Box	AQUA GYM 12:00 - 12:45 - Piscina
	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	AQUA HIIT 12:30 - 12:55 - Piscina	CYCLING VIRTUAL 12:30 - 13:15 - CYC
	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	CYCLING VIRTUAL 12:30 - 13:15 - CYC	OPEN BOX 12:30 - 13:25 - Box
13:00	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	OPEN BOX 13:00 - 13:55 - Box	CYCLING VIRTUAL 13:30 - 14:15 - CYC
	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	CYCLING VIRTUAL 13:30 - 14:15 - CYC	OPEN BOX 13:30 - 14:25 - Box

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
14:00	<b>CYCLING VIRTUAL</b> 14:30 - 15:15 - CYC  <b>HIIT</b> 14:30 - 15:15 - ST2  <b>OPEN BOX</b> 14:30 - 15:25 - Box	<b>B.PUMP</b> 14:30 - 15:25 - ST2  <b>CYCLING VIRTUAL</b> 14:30 - 15:15 - CYC  <b>OPEN BOX</b> 14:30 - 15:25 - Box	<b>CYCLING VIRTUAL</b> 14:30 - 15:15 - CYC  <b>HIIT</b> 14:30 - 15:15 - ST2  <b>OPEN BOX</b> 14:30 - 15:25 - Box	<b>B.PUMP</b> 14:30 - 15:25 - ST2  <b>CYCLING VIRTUAL</b> 14:30 - 15:15 - CYC  <b>OPEN BOX</b> 14:30 - 15:25 - Box	<b>CYCLING VIRTUAL</b> 14:30 - 15:15 - CYC  <b>OPEN BOX</b> 14:30 - 15:25 - Box	<b>OPEN BOX</b> 14:00 - 14:55 - Box  <b>CYCLING VIRTUAL</b> 14:30 - 15:15 - CYC	
15:00						<b>OPEN BOX</b> 15:00 - 15:55 - Box  <b>CYCLING VIRTUAL</b> 15:30 - 16:15 - CYC	
16:00	<b>CYCLING VIRTUAL</b> 16:00 - 16:45 - CYC  <b>OPEN BOX</b> 16:00 - 16:55 - Box	<b>CYCLING VIRTUAL</b> 16:00 - 16:45 - CYC  <b>OPEN BOX</b> 16:00 - 16:55 - Box	<b>CYCLING VIRTUAL</b> 16:00 - 16:45 - CYC  <b>OPEN BOX</b> 16:00 - 16:55 - Box	<b>CYCLING VIRTUAL</b> 16:00 - 16:45 - CYC  <b>OPEN BOX</b> 16:00 - 16:55 - Box	<b>CYCLING VIRTUAL</b> 16:00 - 16:45 - CYC  <b>OPEN BOX</b> 16:00 - 16:55 - Box	<b>OPEN BOX</b> 16:00 - 16:55 - Box  <b>CYCLING VIRTUAL</b> 16:30 - 17:15 - CYC	
17:00	<b>B.BALANCE</b> 17:00 - 17:55 - ST2  <b>CYCLING VIRTUAL</b> 17:00 - 17:45 - CYC  <b>FUNCTIONAL</b> 17:00 - 17:55 - Box TRAINING  <b>ABDOMINALES</b> 17:30 - 17:55 - ST1	<b>CYCLING VIRTUAL</b> 17:00 - 17:45 - CYC  <b>PILATES</b> 17:00 - 17:50 - ST2  <b>WOD</b> 17:00 - 17:55 - Box	<b>B.PUMP</b> 17:00 - 17:55 - ST2  <b>CYCLING VIRTUAL</b> 17:00 - 17:45 - CYC  <b>FUNCTIONAL</b> 17:00 - 17:55 - Box TRAINING	<b>B.BALANCE</b> 17:00 - 17:55 - ST2  <b>CYCLING VIRTUAL</b> 17:00 - 17:45 - CYC  <b>WOD</b> 17:00 - 17:55 - Box	<b>CYCLING VIRTUAL</b> 17:00 - 17:45 - CYC  <b>HYBRID TRAINING</b> 17:00 - 17:55 - Box  <b>ZUMBA</b> 17:00 - 17:55 - ST2	<b>OPEN BOX</b> 17:00 - 17:55 - Box  <b>CYCLING VIRTUAL</b> 17:30 - 18:15 - CYC	
18:00	<b>B.PUMP</b> 18:00 - 18:55 - ST2  <b>CYCLING VIRTUAL</b> 18:00 - 18:45 - CYC  <b>PILATES</b> 18:00 - 18:55 - ST1  <b>WOD</b> 18:00 - 18:55 - Box  <b>AQUADYNAMIC</b> 18:30 - 19:15 - Piscina	<b>CYCLING VIRTUAL</b> 18:00 - 18:45 - CYC  <b>GAP</b> 18:00 - 18:25 - ST1  <b>HYBRID TRAINING</b> 18:00 - 18:55 - Box  <b>ZUMBA</b> 18:00 - 18:55 - ST2  <b>ABDOMINALES</b> 18:30 - 18:55 - ST1	<b>CYCLING VIRTUAL</b> 18:00 - 18:45 - CYC  <b>HIIT</b> 18:00 - 18:45 - ST1  <b>PILATES</b> 18:00 - 18:50 - ST2  <b>WOD</b> 18:00 - 18:55 - Box  <b>AQUADYNAMIC</b> 18:30 - 19:15 - Piscina	<b>CYCLING VIRTUAL</b> 18:00 - 18:45 - CYC  <b>HIIT</b> 18:00 - 18:45 - ST1  <b>HYBRID TRAINING</b> 18:00 - 18:55 - Box  <b>TONE</b> 18:00 - 18:45 - ST2	<b>CICLO INDOOR</b> 18:00 - 18:45 - CYC  <b>WOD</b> 18:00 - 18:55 - Box  <b>ABDOMINALES</b> 18:30 - 18:55 - ST1	<b>OPEN BOX</b> 18:00 - 18:55 - Box  <b>CYCLING VIRTUAL</b> 18:30 - 19:15 - CYC	
19:00	<b>CICLO INDOOR</b> 19:00 - 19:45 - CYC  <b>WOD</b> 19:00 - 19:55 - Box  <b>ZUMBA</b> 19:00 - 19:55 - ST2  <b>AQUA HIIT</b> 19:30 - 19:55 - Piscina	<b>AQUADYNAMIC</b> 19:00 - 19:45 - Piscina  <b>CICLO INDOOR</b> 19:00 - 19:45 - CYC  <b>HIIT</b> 19:00 - 19:45 - ST2  <b>WOD</b> 19:00 - 19:55 - Box  <b>YOGA</b> 19:30 - 20:20 - ST1	<b>CICLO INDOOR</b> 19:00 - 19:45 - CYC  <b>WOD</b> 19:00 - 19:55 - Box  <b>ZUMBA</b> 19:00 - 19:55 - ST2  <b>AQUA HIIT</b> 19:30 - 19:55 - Piscina  <b>GAP</b> 19:30 - 19:55 - ST1	<b>AQUA GYM</b> 19:00 - 19:45 - Piscina  <b>B.COMBAT</b> 19:00 - 19:55 - ST2  <b>CICLO INDOOR</b> 19:00 - 19:45 - CYC  <b>GAP</b> 19:00 - 19:25 - ST1  <b>WOD</b> 19:00 - 19:55 - Box  <b>YOGA</b> 19:30 - 20:20 - ST1	<b>B.PUMP</b> 19:00 - 19:55 - ST2  <b>CYCLING VIRTUAL</b> 19:00 - 19:45 - CYC  <b>WOD</b> 19:00 - 19:55 - Box  <b>AQUA GYM</b> 19:15 - 20:00 - Piscina	<b>OPEN BOX</b> 19:00 - 19:45 - Box	
20:00	<b>B.COMBAT</b> 20:00 - 20:55 - ST2  <b>CICLO INDOOR</b> 20:00 - 20:45 - CYC  <b>GAP</b> 20:00 - 20:25 - ST1  <b>WOD</b> 20:00 - 20:55 - Box  <b>AQUA GYM</b> 20:15 - 21:00 - Piscina	<b>B.PUMP</b> 20:00 - 20:55 - ST2  <b>WOD</b> 20:00 - 20:55 - Box  <b>YOGA</b> 20:30 - 21:20 - ST1	<b>B.PUMP</b> 20:00 - 20:55 - ST2  <b>CICLO INDOOR</b> 20:00 - 20:45 - CYC  <b>WOD</b> 20:00 - 20:55 - Box  <b>AQUA GYM</b> 20:15 - 21:00 - Piscina	<b>B.PUMP</b> 20:00 - 20:55 - ST2  <b>CYCLING VIRTUAL</b> 20:00 - 20:45 - CYC  <b>WOD</b> 20:00 - 20:55 - Box  <b>ABDOMINALES</b> 20:30 - 20:55 - ST1	<b>CYCLING VIRTUAL</b> 20:00 - 20:45 - CYC  <b>OPEN BOX</b> 20:00 - 20:55 - Box		

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Centro



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
21:00	<p><b>CYCLING VIRTUAL</b> 21:00 - 21:45 - CYC</p> <p><b>HYBRID TRAINING</b> 21:00 - 21:55 - Box</p>	<p><b>AQUA GYM</b> 21:00 - 21:45 - Piscina</p> <p><b>CYCLING VIRTUAL</b> 21:00 - 21:45 - CYC</p> <p><b>WOD</b> 21:00 - 21:55 - Box</p>	<p><b>CYCLING VIRTUAL</b> 21:00 - 21:45 - CYC</p> <p><b>OPEN BOX</b> 21:00 - 21:55 - Box</p>	<p><b>AQUA GYM</b> 21:00 - 21:45 - Piscina</p> <p><b>CYCLING VIRTUAL</b> 21:00 - 21:45 - CYC</p> <p><b>OPEN BOX</b> 21:00 - 21:55 - Box</p>	<p><b>CYCLING VIRTUAL</b> 21:00 - 21:45 - CYC</p> <p><b>OPEN BOX</b> 21:00 - 21:55 - Box</p>		