

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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|-------|--|---|--|--|--|---|---------|
| 14:00 | CYCLING VIRTUAL 14:30 - 15:15 - CYC HIIT 14:30 - 15:15 - ST2 OPEN BOX 14:30 - 15:25 - Box | B.PUMP 14:30 - 15:25 - ST2 CYCLING VIRTUAL 14:30 - 15:15 - CYC OPEN BOX 14:30 - 15:25 - Box | CYCLING VIRTUAL 14:30 - 15:15 - CYC HIIT 14:30 - 15:15 - ST2 OPEN BOX 14:30 - 15:25 - Box | B.PUMP 14:30 - 15:25 - ST2 CYCLING VIRTUAL 14:30 - 15:15 - CYC OPEN BOX 14:30 - 15:25 - Box | CYCLING VIRTUAL 14:30 - 15:15 - CYC OPEN BOX 14:30 - 15:25 - Box | OPEN BOX 14:00 - 14:55 - Box CYCLING VIRTUAL 14:30 - 15:15 - CYC | |
| 15:00 | | | | | | OPEN BOX 15:00 - 15:55 - Box CYCLING VIRTUAL 15:30 - 16:15 - CYC | |
| 16:00 | CYCLING VIRTUAL 16:00 - 16:45 - CYC OPEN BOX 16:00 - 16:55 - Box | CYCLING VIRTUAL 16:00 - 16:45 - CYC OPEN BOX 16:00 - 16:55 - Box | CYCLING VIRTUAL 16:00 - 16:45 - CYC OPEN BOX 16:00 - 16:55 - Box | CYCLING VIRTUAL 16:00 - 16:45 - CYC OPEN BOX 16:00 - 16:55 - Box | CYCLING VIRTUAL 16:00 - 16:45 - CYC OPEN BOX 16:00 - 16:55 - Box | OPEN BOX 16:00 - 16:55 - Box CYCLING VIRTUAL 16:30 - 17:15 - CYC | |
| 17:00 | B.BALANCE 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:00 - 17:45 - CYC FUNCTIONAL 17:00 - 17:55 - Box TRAINING ABDOMINALES 17:30 - 17:55 - ST1 | CYCLING VIRTUAL 17:00 - 17:45 - CYC PILATES 17:00 - 17:50 - ST2 WOD 17:00 - 17:55 - Box | B.PUMP 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:00 - 17:45 - CYC FUNCTIONAL 17:00 - 17:55 - Box TRAINING | B.BALANCE 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:00 - 17:45 - CYC WOD 17:00 - 17:55 - Box | CYCLING VIRTUAL 17:00 - 17:45 - CYC HYBRID TRAINING 17:00 - 17:55 - Box ZUMBA 17:00 - 17:55 - ST2 | OPEN BOX 17:00 - 17:55 - Box CYCLING VIRTUAL 17:30 - 18:15 - CYC | |
| 18:00 | B.PUMP 18:00 - 18:55 - ST2 CYCLING VIRTUAL 18:00 - 18:45 - CYC PILATES 18:00 - 18:55 - ST1 WOD 18:00 - 18:55 - Box AQUADYNAMIC 18:30 - 19:15 - Piscina | CYCLING VIRTUAL 18:00 - 18:45 - CYC GAP 18:00 - 18:25 - ST1 HYBRID TRAINING 18:00 - 18:55 - Box ZUMBA 18:00 - 18:55 - ST2 ABDOMINALES 18:30 - 18:55 - ST1 | CYCLING VIRTUAL 18:00 - 18:45 - CYC HIIT 18:00 - 18:45 - ST1 PILATES 18:00 - 18:50 - ST2 WOD 18:00 - 18:55 - Box AQUAGAP 18:30 - 19:15 - Piscina | CYCLING VIRTUAL 18:00 - 18:45 - CYC HIIT 18:00 - 18:45 - ST1 HYBRID TRAINING 18:00 - 18:55 - Box TONE 18:00 - 18:45 - ST2 | CICLO INDOOR 18:00 - 18:45 - CYC WOD 18:00 - 18:55 - Box ABDOMINALES 18:30 - 18:55 - ST1 | OPEN BOX 18:00 - 18:55 - Box CYCLING VIRTUAL 18:30 - 19:15 - CYC | |
| 19:00 | CICLO INDOOR 19:00 - 19:45 - CYC WOD 19:00 - 19:55 - Box ZUMBA 19:00 - 19:55 - ST2 AQUA HIIT 19:30 - 19:55 - Piscina | AQUADYNAMIC 19:00 - 19:45 - Piscina CICLO INDOOR 19:00 - 19:45 - CYC HIIT 19:00 - 19:45 - ST2 WOD 19:00 - 19:55 - Box YOGA 19:30 - 20:20 - ST1 | CICLO INDOOR 19:00 - 19:45 - CYC WOD 19:00 - 19:55 - Box ZUMBA 19:00 - 19:55 - ST2 AQUA HIIT 19:30 - 19:55 - Piscina GAP 19:30 - 19:55 - ST1 | AQUA GYM 19:00 - 19:45 - Piscina B.COMBAT 19:00 - 19:55 - ST2 CICLO INDOOR 19:00 - 19:45 - CYC GAP 19:00 - 19:25 - ST1 WOD 19:00 - 19:55 - Box YOGA 19:30 - 20:20 - ST1 | B.PUMP 19:00 - 19:55 - ST2 CYCLING VIRTUAL 19:00 - 19:45 - CYC WOD 19:00 - 19:55 - Box AQUA GYM 19:15 - 20:00 - Piscina | OPEN BOX 19:00 - 19:45 - Box | |
| 20:00 | B.COMBAT 20:00 - 20:55 - ST2 CICLO INDOOR 20:00 - 20:45 - CYC GAP 20:00 - 20:25 - ST1 WOD 20:00 - 20:55 - Box AQUA GYM 20:15 - 21:00 - Piscina | B.PUMP 20:00 - 20:55 - ST2 WOD 20:00 - 20:55 - Box YOGA 20:30 - 21:20 - ST1 | B.PUMP 20:00 - 20:55 - ST2 CICLO INDOOR 20:00 - 20:45 - CYC WOD 20:00 - 20:55 - Box AQUA GYM 20:15 - 21:00 - Piscina | B.PUMP 20:00 - 20:55 - ST2 CYCLING VIRTUAL 20:00 - 20:45 - CYC WOD 20:00 - 20:55 - Box ABDOMINALES 20:30 - 20:55 - ST1 | CYCLING VIRTUAL 20:00 - 20:45 - CYC OPEN BOX 20:00 - 20:55 - Box | | |

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|-------|--|--|---|---|---|--------|---------|
| 21:00 | CYCLING VIRTUAL 21:00 - 21:45 - CYC HYBRID TRAINING 21:00 - 21:55 - Box | AQUA GYM 21:00 - 21:45 - Piscina CYCLING VIRTUAL 21:00 - 21:45 - CYC WOD 21:00 - 21:55 - Box | CYCLING VIRTUAL 21:00 - 21:45 - CYC OPEN BOX 21:00 - 21:55 - Box | AQUA GYM 21:00 - 21:45 - Piscina CYCLING VIRTUAL 21:00 - 21:45 - CYC OPEN BOX 21:00 - 21:55 - Box | CYCLING VIRTUAL 21:00 - 21:45 - CYC OPEN BOX 21:00 - 21:55 - Box | | |