

# Horario de actividades dirigidas

Centro

Horario Completo



| HORA  | LUNES                                    | MARTES                                  | MIÉRCOLES                               | JUEVES                                 | VIERNES                                  | SÁBADO                                  | DOMINGO                                |
|-------|------------------------------------------|-----------------------------------------|-----------------------------------------|----------------------------------------|------------------------------------------|-----------------------------------------|----------------------------------------|
| 06:00 | CICLO INDOOR VIR<br>06:30 - 07:15 - CYC  | CICLO INDOOR VIR<br>06:30 - 07:15 - CYC | CICLO INDOOR VIR<br>06:30 - 07:15 - CYC | CYCLING VIRTUAL<br>06:30 - 07:15 - CYC | CYCLING VIRTUAL<br>06:30 - 07:15 - CYC   |                                         |                                        |
| 07:00 | WOD<br>07:00 - 07:55 - Box               | WOD<br>07:00 - 07:55 - Box              | WOD<br>07:00 - 07:55 - Box              | HYBRID TRAINING<br>07:00 - 07:55 - Box | WOD<br>07:00 - 07:55 - Box               |                                         |                                        |
| 08:00 | 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 | OPEN BOX<br>08:00 - 08:55 - Box          | OPEN BOX<br>08:00 - 08:55 - Box         | OPEN BOX<br>08:00 - 08:55 - Box         | OPEN BOX<br>08:00 - 08:55 - Box        | OPEN BOX<br>08:00 - 08:55 - Box          |                                         |                                        |
| 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 - FIT | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC   |                                         |                                        |
| 09:00 | B.PUMP<br>09:30 - 10:25 - ST2            | ABDOMINALES<br>09:00 - 09:25 - ST1      | B.PUMP<br>09:30 - 10:25 - ST2           | ABDOMINALES<br>09:00 - 09:25 - ST1     | B.PUMP<br>09:30 - 10:25 - ST2            | OPEN BOX<br>09:00 - 09:55 - Box         | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC |
| 09:00 | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC   | AQUA HIIT<br>09:30 - 09:55 - Piscina    | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC  | AQUA HIIT<br>09:30 - 09:55 - Piscina   | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC   | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC  | OPEN BOX<br>09:30 - 10:25 - Box        |
| 09:00 | WOD<br>09:30 - 10:25 - Box               | B.COMBAT<br>09:30 - 10:25 - ST1         | WOD<br>09:30 - 10:25 - Box              | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC | WOD<br>09:30 - 10:34 - Box               |                                         |                                        |
| 09:00 |                                          | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC  |                                         | HYBRID TRAINING<br>09:30 - 10:25 - Box |                                          |                                         |                                        |
| 09:00 |                                          | PILATES<br>09:30 - 10:25 - ST2          |                                         | PILATES<br>09:30 - 10:25 - ST2         |                                          |                                         |                                        |
| 09:00 |                                          | WOD<br>09:30 - 10:25 - Box              |                                         | TONE<br>09:30 - 10:15 - ST1            |                                          |                                         |                                        |
| 10:00 | AQUADYNAMIC<br>10:00 - 10:45 - Piscina   | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC  | AQUADYNAMIC<br>10:00 - 10:45 - Piscina  | B.PUMP<br>10:30 - 11:25 - ST2          | AQUA GYM<br>10:00 - 10:45 - Piscina      | B.PUMP<br>10:00 - 10:50 - ST2           | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC |
| 10:00 | MANTENTE EN FORMA<br>10:00 - 10:25 - ST1 | OPEN BOX<br>10:30 - 11:25 - Box         | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC  | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC | MANTENTE EN FORMA<br>10:00 - 10:25 - ST1 | OPEN BOX<br>10:00 - 10:55 - Box         | OPEN BOX<br>10:30 - 11:25 - Box        |
| 10:00 | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC   | YOGA<br>10:30 - 11:20 - ST1             | PILATES<br>10:30 - 11:25 - ST2          | OPEN BOX<br>10:30 - 11:25 - Box        | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC   | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC  |                                        |
| 10:00 | HYBRID TRAINING<br>10:30 - 11:25 - Box   | ZUMBA<br>10:30 - 11:20 - ST2            | WOD<br>10:30 - 11:25 - Box              | YOGA<br>10:30 - 11:20 - ST1            | HYBRID TRAINING<br>10:30 - 11:25 - Box   |                                         |                                        |
| 10:00 | PILATES<br>10:30 - 11:25 - ST1           |                                         |                                         |                                        | PILATES<br>10:30 - 11:25 - ST2           |                                         |                                        |
| 10:00 | ZUMBA<br>10:30 - 11:25 - ST2             |                                         |                                         |                                        |                                          |                                         |                                        |
| 11:00 | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC   | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC  | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC  | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC   | OPEN BOX<br>11:00 - 11:55 - Box         | AQUA HIIT<br>11:00 - 11:25 - Piscina   |
| 11:00 | OPEN BOX<br>11:30 - 12:25 - Box          | OPEN BOX<br>11:30 - 12:25 - Box         | OPEN BOX<br>11:30 - 12:25 - Box         | OPEN BOX<br>11:30 - 12:25 - Box        | OPEN BOX<br>11:30 - 12:25 - Box          | AQUA GYM<br>11:30 - 12:15 - Piscina     | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC |
| 11:00 |                                          |                                         | YOGA<br>11:30 - 12:20 - ST2             |                                        |                                          | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC  | OPEN BOX<br>11:30 - 12:25 - Box        |
| 12:00 | AQUA GYM<br>12:30 - 13:15 - Piscina      | AQUAGAP<br>12:30 - 13:15 - Piscina      | AQUA GYM<br>12:30 - 13:15 - CYC         | AQUADYNAMIC<br>12:30 - 13:15 - Piscina | AQUA GYM<br>12:30 - 13:15 - Piscina      | OPEN BOX<br>12:00 - 12:55 - Box         | AQUA GYM<br>12:00 - 12:45 - Piscina    |
| 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   | AQUA HIIT<br>12:30 - 12:55 - Piscina    | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC |
| 12:00 | OPEN BOX<br>12:30 - 13:25 - Box          | OPEN BOX<br>12:30 - 13:25 - Box         | OPEN BOX<br>12:30 - 13:25 - Box         | OPEN BOX<br>12:30 - 13:25 - Box        | OPEN BOX<br>12:30 - 13:25 - Box          | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC  | OPEN BOX<br>12:30 - 13:25 - Box        |
| 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   | OPEN BOX<br>13:00 - 13:55 - Box         | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC |
| 13:00 | OPEN BOX<br>13:30 - 14:25 - Box          | OPEN BOX<br>13:30 - 14:25 - Box         | OPEN BOX<br>13:30 - 14:25 - Box         | OPEN BOX<br>13:30 - 14:25 - Box        | OPEN BOX<br>13:30 - 14:25 - Box          | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC  | OPEN BOX<br>13:30 - 14:25 - Box        |
| 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   | OPEN BOX<br>14:00 - 14:55 - Box         |                                        |
| 14:00 | OPEN BOX<br>14:30 - 15:25 - Box          | OPEN BOX<br>14:30 - 15:25 - Box         | OPEN BOX<br>14:30 - 15:25 - Box         | OPEN BOX<br>14:30 - 15:25 - Box        | OPEN BOX<br>14:30 - 15:25 - Box          | CICLO INDOOR VIR<br>14:30 - 15:15 - CYC |                                        |

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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

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