

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	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	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 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
	YOGA 08:30 - 09:25 - ST1	ESPALDA SANA 08:30 - 09:15 - ST1	YOGA 08:30 - 09:25 - ST1	ESPALDA SANA 08:30 - 09:15 - ST1			
09:00	ABDOMINALES 09:15 - 09:30 - FIT	B.COMBAT 09:30 - 10:25 - ST1	ABDOMINALES 09:15 - 09:30 - FIT	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	
	CYCLING 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	B.PUMP 09:30 - 10:25 - ST1	ZUMBA 09:30 - 10:25 - ST1	PILATES 09:30 - 10:15 - ST1		
	TONE 09:30 - 10:25 - ST1	FUNCTIONAL 09:30 - 10:15 - BOX	CYCLING 09:30 - 10:15 - CYC				
10:00	B.PUMP 10:30 - 11:25 - ST1	ABDOMINALES 10:15 - 10:30 - FIT	CYCLING VIRTUAL 10:30 - 11:15 - CYC	ABDOMINALES 10:15 - 10:30 - FIT	B.PUMP 10:30 - 11:25 - ST1	CYCLING 10:30 - 11:15 - ST1	
	CROSSTRaining 10:30 - 11:25 - BOX	CYCLING 10:30 - 11:15 - CYC	FUNCTIONAL 10:30 - 11:15 - BOX	CROSSTRaining 10:30 - 11:25 - BOX	CYCLING VIRTUAL 10:30 - 11:15 - CYC		
	CYCLING VIRTUAL 10:30 - 11:15 - CYC	PILATES 10:30 - 11:15 - ST1	ZUMBA 10:30 - 11:25 - ST1	CYCLING 10:30 - 11:15 - CYC			
				PILATES 10:30 - 11:15 - 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	CYCLING VIRTUAL 11:30 - 12:15 - CYC	
12:00	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	CYCLING VIRTUAL 12:30 - 13:15 - CYC	
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		
14:00	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC		
16:00	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC		
17:00	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC		
	B.BALANCE 17:30 - 18:25 - ST1		GAP 17:30 - 18:15 - ST1				
18:00	CYCLING VIRTUAL 18:00 - 18:45 - CYC	CYCLING VIRTUAL 18:00 - 18:45 - CYC	CYCLING VIRTUAL 18:00 - 18:45 - CYC	CYCLING VIRTUAL 18:00 - 18:45 - CYC	CYCLING VIRTUAL 18:00 - 18:45 - CYC		
	B.COMBAT 18:30 - 19:25 - ST1	CROSSTRaining 18:30 - 19:25 - BOX	B.PUMP 18:30 - 19:25 - ST1	CROSSTRaining 18:30 - 19:25 - BOX	ZUMBA 18:00 - 18:55 - ST1		
		PILATES 18:30 - 19:15 - ST1		ZUMBA 18:30 - 19:25 - ST1			
19:00	CYCLING 19:00 - 19:45 - CYC	CYCLING 19:00 - 19:45 - CYC	CYCLING 19:00 - 19:45 - CYC	CYCLING 19:00 - 19:45 - CYC	B.PUMP 19:00 - 19:55 - ST1		
	ABDOMINALES 19:15 - 19:30 - FIT	CROSSTRaining 19:30 - 20:25 - BOX	ABDOMINALES 19:15 - 19:30 - FIT	CROSSTRaining 19:30 - 20:25 - BOX	CYCLING VIRTUAL 19:00 - 19:45 - CYC		
	B.PUMP 19:30 - 20:25 - ST1	ESTIRAMIENTOS 19:30 - 19:55 - FIT	B.COMBAT 19:30 - 20:25 - ST1	ESTIRAMIENTOS 19:30 - 19:55 - FIT			
	CROSSTRaining 19:30 - 20:25 - BOX	ZUMBA 19:30 - 20:25 - ST1	CROSSTRaining 19:30 - 20:25 - BOX	STEP 19:30 - 20:15 - ST1			

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

Lowfit se reserva el derecho de cualquier modificación en el horario por motivos externos.

Toda la Información en nuestra web

www.lowfit.com

Lowfit en las Redes sociales



Horario de actividades dirigidas

Centro



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
20:00	CYCLING 20:00 - 20:45 - CYC	CYCLING 20:00 - 20:45 - CYC	CYCLING 20:00 - 20:45 - CYC	CYCLING 20:00 - 20:45 - CYC	CYCLING 20:00 - 20:45 - CYC		
	CROSSTRaining 20:30 - 21:25 - BOX	ABDOMINALES 20:15 - 20:30 - FIT	ATTACK 20:30 - 21:15 - ST1	ABDOMINALES 20:15 - 20:30 - FIT			
	GLUTEOS 20:30 - 20:55 - FIT	B.COMBAT 20:30 - 21:15 - BOX	CROSSTRaining 20:30 - 21:25 - BOX	B.PUMP 20:30 - 21:25 - ST1			
21:00	TONE 20:30 - 21:25 - ST1	STEP 20:30 - 21:15 - ST1	GLUTEOS 20:30 - 20:55 - FIT				
	CYCLING 21:00 - 21:45 - CYC	CYCLING 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC	CYCLING 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC		
		B.PUMP 21:15 - 22:10 - ST1					

[Acuáticas](#)
[Alta intensidad](#)
[Cardiovascular](#)
[Virtual](#)
[Coreográficas](#)
[Cuerpo/Mente](#)
[Fuerza](#)
[Senior](#)

Lowfit se reserva el derecho de cualquier modificación en el horario por motivos externos.

Toda la Información
en nuestra web

www.lowfit.com

Lowfit en
las Redes sociales

