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		
09:00	B.PUMP 09:30 - 10:25 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:25 - ST1	B.BALANCE 09:30 - 10:25 - ST1 CYCLING 09:30 - 10:20 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:25 - ST1 ZUMBA 09:30 - 10:25 - ST2	B.BALANCE 09:30 - 10:25 - ST1 CYCLING 09:30 - 10:20 - CYC	B.PUMP 09:30 - 10:25 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC ZUMBA 09:30 - 10:25 - ST1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
10:00	CYCLING 10:30 - 11:25 - CYC GIMNASIA SUAVE 10:30 - 11:25 - ST2	CARDIO EXTREME 10:00 - 10:30 - ST2 B.PUMP 10:30 - 11:25 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC TONE 10:30 - 11:25 - ST1	FUNCTIONAL 10:00 - 10:25 - FUN B.COMBAT 10:30 - 11:25 - ST1 GIMNASIA SUAVE 10:30 - 11:25 - ST2	CARDIO EXTREME 10:00 - 10:30 - ST2 B.PUMP 10:30 - 11:25 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC TONE 10:30 - 11:25 - ST1	CYCLING 10:30 - 11:20 - CYC GIMNASIA SUAVE 10:30 - 11:25 - ST2 PILATES 10:30 - 11:25 - ST1	CYCLING 10:30 - 11:20 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
11:00	TRX 11:00 - 11:25 - ST1 B.COMBAT 11:30 - 12:25 - ST1 CYCLING VIRTUAL 11:30 - 12:15 - CYC ZUMBA 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC GAP 11:30 - 12:00 - ST1 ZUMBA 11:30 - 12:25 - ST2	CYCLING 11:30 - 12:20 - CYC TRX 11:30 - 11:55 - FUN	CYCLING VIRTUAL 11:30 - 12:15 - CYC FUNCTIONAL 11:30 - 11:55 - FUN ZUMBA 11:30 - 12:25 - ST2	B.COMBAT 11:30 - 12:25 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC FUNCTIONAL 11:30 - 11:55 - FUN	B.PUMP 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC
12:00	CYCLING VIRTUAL 12:30 - 13:15 - CYC FUNCTIONAL 12:30 - 12:55 - FUN	FUNCTIONAL 12:00 - 12:25 - FUN ABDOMINALES 12:30 - 12:55 - FUN CYCLING VIRTUAL 12:30 - 13:15 - CYC	ABDOMINALES 12:00 - 12:25 - FUN CYCLING VIRTUAL 12:30 - 13:15 - CYC	ABDOMINALES 12:00 - 12:25 - FUN 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	ABDOMINALES 13:00 - 13:25 - FUN 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		
15:00	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC		
16:00	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC		
17:00	STEP 17:00 - 17:55 - ST1 TAEKWONDO 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 17:55 - FUN	LATINO 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 17:55 - FUN	STEP 17:00 - 17:55 - ST1 TAEKWONDO 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 17:55 - FUN	DANCEWITHME 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 17:55 - FUN	CYCLING VIRTUAL 17:30 - 18:15 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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Centro

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	ABDOMINALES 18:00 - 18:25 - FUN PILATES 18:00 - 18:55 - ST1 TONE 18:00 - 18:55 - ST2 TRX 18:30 - 18:55 - FUN	CARDIO EXTREME 18:00 - 18:30 - ST1 DANCEWITHME 18:00 - 18:55 - ST2 ESPALDA SANA 18:30 - 19:00 - ST1	ABDOMINALES 18:00 - 18:25 - FUN B.COMBAT 18:00 - 18:55 - ST1 TONE 18:00 - 18:55 - ST2 TRX 18:30 - 18:55 - FUN	CORE 18:00 - 18:30 - ST1 LATINO 18:00 - 18:55 - ST2 ESPALDA SANA 18:30 - 19:00 - ST1	ZUMBA 18:00 - 18:50 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC FUNCTIONAL 18:30 - 18:55 - FUN		
19:00	CYCLING 19:00 - 19:50 - CYC GAP 19:00 - 19:30 - ST1 ZUMBA 19:00 - 19:55 - ST2 FUNCTIONAL 19:30 - 19:55 - FUN	B.PUMP 19:00 - 19:55 - ST2 CYCLING 19:00 - 19:50 - CYC PILATES 19:00 - 19:55 - ST1	CYCLING 19:00 - 19:50 - CYC GAP 19:00 - 19:25 - FUN ZUMBA 19:00 - 19:55 - ST2 FUNCTIONAL 19:30 - 19:55 - FUN	B.COMBAT 19:00 - 19:55 - ST2 CYCLING 19:00 - 19:50 - CYC PILATES 19:00 - 19:55 - ST1	B.PUMP 19:00 - 19:55 - ST2 GAP 19:00 - 19:30 - ST1 CYCLING 19:30 - 20:20 - CYC		
20:00	ABDOMINALES 20:00 - 20:25 - FUN B.BALANCE 20:00 - 20:55 - ST1 B.PUMP 20:00 - 20:55 - ST2 CYCLING 20:30 - 21:20 - CYC GAP 20:30 - 20:55 - FUN	B.COMBAT 20:00 - 20:55 - ST2 GAP 20:00 - 20:30 - ST1 HIIT 20:00 - 20:25 - FUN CYCLING 20:30 - 21:20 - CYC TRX 20:30 - 20:55 - FUN	ABDOMINALES 20:00 - 20:25 - FUN B.BALANCE 20:00 - 20:55 - ST1 B.PUMP 20:00 - 20:55 - ST2 CYCLING 20:30 - 21:20 - CYC FUNCTIONAL 20:30 - 20:55 - FUN	GAP 20:00 - 20:30 - ST1 HIIT 20:00 - 20:25 - FUN ZUMBA 20:00 - 20:55 - ST2 ABDOMINALES 20:30 - 20:55 - FUN CARDIO EXTREME 20:30 - 21:00 - ST1 CYCLING 20:30 - 21:20 - CYC	ABDOMINALES 20:00 - 20:25 - FUN CYCLING VIRTUAL 20:30 - 21:15 - CYC		
21:00	B.COMBAT 21:00 - 21:55 - ST2 FUNCTIONAL 21:00 - 21:25 - FUN YOGA 21:00 - 21:55 - ST1 ABDOMINALES 21:30 - 21:55 - FUN CYCLING VIRTUAL 21:30 - 22:15 - CYC	CORE 21:00 - 21:30 - ST1 ZUMBA 21:00 - 21:55 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC FUNCTIONAL 21:30 - 21:55 - FUN	GAP 21:00 - 21:30 - ST2 YOGA 21:00 - 21:55 - ST1 CYCLING VIRTUAL 21:30 - 22:15 - CYC TRX 21:30 - 21:55 - FUN	B.PUMP 21:00 - 21:55 - ST2 TRX 21:00 - 21:25 - FUN CYCLING VIRTUAL 21:30 - 22:15 - CYC FUNCTIONAL 21:30 - 21:55 - FUN	CYCLING VIRTUAL 21:30 - 22:15 - CYC		

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