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 TONE 08:30 - 09:15 - ST2	CYCLING VIRTUAL 08:30 - 09:15 - CYC PILATES 08:30 - 09:25 - ST1	B.PUMP 08:30 - 09:25 - ST2 CYCLING VIRTUAL 08:30 - 09:15 - CYC	B.BALANCE 08:30 - 09:25 - ST1 CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	B.PUMP 09:30 - 10:25 - ST2 CYCLING 09:30 - 10:15 - CYC PILATES NOVEL 09:30 - 10:25 - ST1	B.COMBAT 09:30 - 10:25 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC GAP 09:30 - 09:55 - ST1	B.BALANCE 09:30 - 10:25 - ST1 CYCLING 09:30 - 10:15 - CYC TONE 09:30 - 10:15 - ST2	MANTENTE EN 09:15 - 10:00 - FIT B.COMBAT 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 B.PUMP 09:30 - 10:25 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC SYNRGY360 09:30 - 09:55 - FIT	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
10:00	ABDOMINALES 10:00 - 10:25 - FIT CYCLING 10:30 - 11:15 - CYC GAP 10:30 - 10:55 - ST1 MANTENTE EN 10:30 - 11:15 - FIT ZUMBA 10:30 - 11:25 - ST2	ABDOMINALES 10:00 - 10:25 - FIT B.PUMP 10:30 - 11:25 - ST2 CYCLING 10:30 - 11:15 - CYC	ABDOMINALES 10:00 - 10:25 - FIT CYCLING 10:30 - 11:15 - CYC MANTENTE EN 10:30 - 11:15 - FIT YOGA 10:30 - 11:25 - ST1 ZUMBA 10:30 - 11:25 - ST2	ABDOMINALES 10:00 - 10:25 - FIT B.PUMP 10:30 - 11:25 - ST2 CYCLING 10:30 - 11:15 - CYC GAP 10:30 - 10:55 - ST1	ABDOMINALES 10:00 - 10:25 - FIT B.ATTACK 10:30 - 11:25 - ST2 CYCLING 10:30 - 11:15 - CYC YOGA 10:30 - 11:25 - ST1	B.PUMP 10:30 - 11:25 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
11:00	YOGA 11:00 - 11:55 - ST1 CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC ZUMBA 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC ZUMBA 11:30 - 12:25 - ST2	CYCLING 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	ABDOMINALES 12:30 - 12:55 - FIT 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	CYCLING VIRTUAL 13:30 - 14:15 - CYC	
14:00	B.PUMP 14:30 - 15:25 - ST2 CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:25 - ST2 CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC SYNRGY360 14:30 - 14:55 - FIT	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	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	CYCLING VIRTUAL 16:30 - 17:15 - CYC	
17:00	B.BALANCE 17:00 - 17:55 - ST1 FITNESS KIDS 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC	DEF. PER. JUNIOR 17:00 - 17:55 - ST1 ZUMBA 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC	B.BALANCE 17:00 - 17:55 - ST1 FITNESS KIDS 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC	DEF. PER. JUNIOR 17:00 - 17:55 - ST1 ZUMBA 17:00 - 17:55 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC PILATES 17:30 - 18:25 - ST1	CYCLING VIRTUAL 17:30 - 18:15 - CYC	

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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Horario
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Centro

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	ABDOMINALES 18:00 - 18:25 - FIT B.PUMP 18:00 - 18:55 - ST2 PILATES 18:00 - 18:55 - ST1 CYCLING 18:30 - 19:15 - CYC SYNRGY360 18:30 - 18:55 - FIT	PILATES 18:00 - 18:55 - ST1 TONE 18:00 - 18:45 - ST2 CYCLING 18:30 - 19:15 - CYC SYNRGY360 18:30 - 18:55 - FIT	ABDOMINALES 18:00 - 18:25 - FIT STEP 18:00 - 18:55 - ST2 CYCLING 18:30 - 19:15 - CYC	ABDOMINALES 18:00 - 18:25 - FIT TONE 18:00 - 18:45 - ST2 YOGA 18:00 - 18:55 - ST1 CYCLING 18:30 - 19:15 - CYC	ZUMBA 18:00 - 18:55 - ST2 CYCLING 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	GAP 19:00 - 19:25 - ST1 ZUMBA 19:00 - 19:55 - ST2 ABDOMINALES 19:30 - 19:55 - FIT CYCLING 19:30 - 20:15 - CYC STEP NOVEL 19:30 - 20:25 - ST1	B.COMBAT 19:00 - 19:55 - ST2 YOGA 19:00 - 19:55 - ST1 ABDOMINALES 19:30 - 19:55 - FIT CYCLING 19:30 - 20:15 - CYC	GAP 19:00 - 19:25 - ST1 ZUMBA 19:00 - 19:55 - ST2 CYCLING 19:30 - 20:15 - CYC ESTIRAMIENTOS 19:30 - 19:55 - ST1 SYNRGY360 19:30 - 19:55 - FIT	B.PUMP 19:00 - 19:55 - ST2 PILATES 19:00 - 19:55 - ST1 SYNRGY360 19:00 - 19:25 - FIT ABDOMINALES 19:30 - 19:55 - FIT CYCLING 19:30 - 20:15 - CYC	B.PUMP 19:00 - 19:55 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC SYNRGY360 19:30 - 19:55 - FIT		
20:00	B.ATTACK 20:00 - 20:55 - ST2 SYNRGY360 20:00 - 20:25 - FIT ABDOMINALES 20:30 - 20:55 - FIT CYCLING 20:30 - 21:15 - CYC YOGA 20:30 - 21:25 - ST1	B.PUMP 20:00 - 20:55 - ST2 GAP 20:00 - 20:25 - ST1 HIIT 20:00 - 20:25 - FIT B.BALANCE 20:30 - 21:25 - ST1 CYCLING 20:30 - 21:15 - CYC SYNRGY360 20:30 - 20:55 - FIT	B.COMBAT 20:00 - 20:55 - ST2 PILATES 20:00 - 20:55 - ST1 CYCLING 20:30 - 21:15 - CYC HIIT 20:30 - 20:55 - FIT	B.BALANCE 20:00 - 20:55 - ST1 CROSSTRAINING 20:00 - 20:55 - ST2 CYCLING 20:30 - 21:15 - CYC	ABDOMINALES 20:00 - 20:25 - FIT B.COMBAT 20:00 - 20:55 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC		
21:00	CROSSTRAINING 21:00 - 21:55 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC	ABDOMINALES 21:00 - 21:25 - FIT ZUMBA 21:00 - 21:55 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC	ABDOMINALES 21:00 - 21:25 - FIT B.PUMP 21:00 - 21:55 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC	B.ATTACK 21:00 - 21:55 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC		

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