# 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<br>PILATES 08:30 - 09:25 - ST1 | B.BALANCE 08:30 - 09:25 - ST1<br>CYCLING VIRTUAL 08:30 - 09:15 - CYC | CYCLING VIRTUAL 08:30 - 09:15 - CYC<br>PILATES 08:30 - 09:25 - ST1 | CYCLING VIRTUAL 08:30 - 09:15 - CYC<br>YOGA 08:30 - 09:25 - ST1 | CYCLING VIRTUAL 08:30 - 09:15 - CYC | | |
| 09:00 | CYCLING 09:30 - 10:20 - CYC<br>ESPALDA SANA 09:30 - 10:25 - ST1<br>STEP 09:30 - 10:25 - ST2 | CYCLING VIRTUAL 09:30 - 10:15 - CYC<br>GAP 09:30 - 10:25 - ST2<br>PILATES 09:30 - 10:25 - ST1 | CYCLING 09:30 - 10:20 - CYC<br>ESPALDA SANA 09:30 - 10:25 - ST1<br>STEP 09:30 - 10:25 - ST2 | B.PUMP 09:30 - 10:25 - ST2<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC<br>PILATES 09:30 - 10:25 - ST1 | CYCLING 09:30 - 10:20 - CYC<br>ESPALDA SANA 09:30 - 10:25 - ST1<br>TONE 09:30 - 10:25 - ST2 | CYCLING VIRTUAL 09:30 - 10:15 - CYC | CYCLING VIRTUAL 09:30 - 10:20 - CYC |
| 10:00 | ABDOMINALES 10:30 - 10:55 - FUN<br>B.PUMP 10:30 - 11:25 - ST2<br>CYCLING VIRTUAL 10:30 - 11:15 - CYC<br>GIMNASIA SUAVE 10:30 - 11:25 - ST1 | ATTACK 10:30 - 10:55 - FUN<br>CYCLING 10:30 - 11:20 - CYC<br>GIMNASIA SUAVE 10:30 - 11:25 - ST1 | CYCLING VIRTUAL 10:30 - 11:15 - CYC<br>GAP 10:30 - 11:25 - ST2<br>GIMNASIA SUAVE 10:30 - 11:25 - ST1<br>TÃ• BATA 10:30 - 10:55 - FUN | CYCLING 10:30 - 11:20 - CYC<br>GAP 10:30 - 10:55 - FUN<br>GIMNASIA SUAVE 10:30 - 11:25 - ST1 | B.PUMP 10:30 - 11:25 - ST2<br>CYCLING VIRTUAL 10:30 - 11:15 - CYC<br>GAP 10:30 - 10:55 - FUN<br>GIMNASIA SUAVE 10:30 - 11:25 - ST1 | CYCLING 10:30 - 11:20 - CYC | CYCLING VIRTUAL 10:30 - 11:20 - CYC |
| 11:00 | B.BALANCE 11:30 - 12:25 - ST1<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>ZUMBA 11:30 - 12:25 - ST2 | CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>ESPALDA SANA 11:30 - 12:25 - ST1<br>ESTILOS 11:30 - 12:25 - ST2 | B.PUMP 11:30 - 12:25 - ST2<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>YOGA 11:30 - 12:25 - ST1 | CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>ESPALDA SANA 11:30 - 12:25 - ST1<br>ZUMBA 11:30 - 12:25 - ST2 | CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>PILATES 11:30 - 12:25 - ST1<br>ZUMBA 11:30 - 12:25 - ST2 | B.PUMP 11:30 - 12:25 - ST2<br>CYCLING VIRTUAL 11:30 - 12:20 - CYC | CYCLING VIRTUAL 11:30 - 12:20 - CYC |
| 12:00 | B.COMBAT 12:30 - 13:25 - ST1<br>CYCLING VIRTUAL 12:30 - 13:15 - CYC | B.PUMP 12:30 - 13:25 - ST2<br>CYCLING VIRTUAL 12:30 - 13:15 - CYC | B.COMBAT 12:30 - 13:25 - ST1<br>CYCLING VIRTUAL 12:30 - 13:15 - CYC | CYCLING VIRTUAL 12:30 - 13:15 - CYC | B.COMBAT 12:30 - 13:25 - ST1<br>CYCLING VIRTUAL 12:30 - 13:15 - CYC | CYCLING VIRTUAL 12:30 - 13:15 - CYC | CYCLING VIRTUAL 12:30 - 13:20 - 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<br>CYCLING VIRTUAL 14:30 - 15:15 - CYC | CYCLING VIRTUAL 13:30 - 14:15 - CYC<br>CYCLING VIRTUAL 14:30 - 15:15 - CYC | |
| 14:00 | B.PUMP 14:30 - 15:25 - ST2<br>CYCLING VIRTUAL 14:30 - 15:15 - CYC | CYCLING 14:30 - 15:20 - CYC | B.PUMP 14:30 - 15:25 - ST2<br>CYCLING VIRTUAL 14:30 - 15:15 - CYC | CYCLING 14:30 - 15:20 - CYC<br>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 | PILATES 17:00 - 17:55 - ST1<br>CYCLING VIRTUAL 17:30 - 18:15 - CYC | TONE 17:00 - 17:55 - ST1<br>CYCLING VIRTUAL 17:30 - 18:15 - CYC | PILATES 17:00 - 17:55 - ST1<br>CYCLING VIRTUAL 17:30 - 18:15 - CYC | TONE 17:00 - 17:50 - ST1<br>CYCLING VIRTUAL 17:30 - 18:15 - CYC | CYCLING VIRTUAL 17:30 - 18:15 - CYC | CYCLING VIRTUAL 17:30 - 18:15 - CYC | |
| 18:00 | ATTACK 18:00 - 18:25 - FUN<br>STEP 18:00 - 18:55 - ST2<br>ABDOMINALES 18:30 - 18:55 - FUN<br>CYCLING 18:30 - 19:20 - CYC | B.BALANCE 18:00 - 18:55 - ST1<br>B.PUMP 18:00 - 18:55 - ST2<br>ESPALDA SANA 18:00 - 18:25 - FUN<br>ABDOMINALES 18:30 - 18:55 - FUN<br>CYCLING 18:30 - 19:20 - CYC | ABDOMINALES 18:00 - 18:25 - FUN<br>B.PUMP 18:00 - 18:55 - ST2<br>CYCLING 18:30 - 19:20 - CYC<br>TRX 18:30 - 18:55 - FUN | ESPALDA SANA 18:00 - 18:25 - FUN<br>GAP 18:00 - 18:55 - ST1<br>B.ATTACK 30 18:30 - 18:55 - FUN<br>CYCLING 18:30 - 19:20 - CYC | PILATES 18:00 - 18:55 - ST1<br>CYCLING 18:30 - 19:20 - CYC | CYCLING VIRTUAL 18:30 - 19:15 - CYC | |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|---|
| 19:00 | ESPALDA SANA<br>19:00 - 19:25 - FUN | STEP<br>19:00 - 19:55 - ST2 | ESPALDA SANA<br>19:00 - 19:25 - FUN | B.COMBAT<br>19:00 - 19:55 - ST2 | B.PUMP<br>19:00 - 19:55 - ST2 | | |
| | ZUMBA<br>19:00 - 19:55 - ST2 | TÃ• BATA<br>19:00 - 19:25 - FUN | GAP<br>19:00 - 19:55 - ST2 | TRX<br>19:00 - 19:25 - FUN | GAP<br>19:00 - 19:25 - FUN | | |
| | GAP<br>19:15 - 20:10 - ST1 | PILATES<br>19:15 - 20:10 - ST1 | B.COMBAT<br>19:15 - 20:10 - ST1 | PILATES<br>19:15 - 20:10 - ST1 | | | |
| | CYCLING<br>19:30 - 20:20 - CYC | CYCLING<br>19:30 - 20:20 - CYC | CYCLING<br>19:30 - 20:20 - CYC | ABDOMINALES<br>19:30 - 19:55 - FUN | | | |
| | HIIT<br>19:30 - 19:55 - FUN | GAP<br>19:30 - 19:55 - FUN | HIIT<br>19:30 - 19:55 - FUN | CYCLING<br>19:30 - 20:20 - CYC | | | |
| 20:00 | B.PUMP<br>20:00 - 20:55 - ST2 | B.COMBAT<br>20:00 - 20:55 - ST2 | CORE<br>20:00 - 20:25 - FUN | B.PUMP<br>20:00 - 20:55 - ST2 | B.COMBAT<br>20:00 - 20:55 - ST2 | | |
| | CORE<br>20:00 - 20:25 - FUN | HIIT<br>20:00 - 20:25 - FUN | SALSATION<br>20:00 - 20:55 - ST2 | TÃ• BATA<br>20:00 - 20:25 - FUN | CYCLING<br>20:15 - 21:05 - CYC | | |
| | B.BALANCE<br>20:15 - 21:10 - ST1 | YOGA<br>20:15 - 21:10 - ST1 | TONE<br>20:15 - 21:05 - ST1 | YOGA<br>20:15 - 21:10 - ST1 | | | |
| | CYCLING<br>20:30 - 21:20 - CYC | CORE<br>20:30 - 20:55 - FUN | CYCLING<br>20:30 - 21:20 - CYC | CORE<br>20:30 - 20:55 - FUN | | | |
| | TÃ• BATA<br>20:30 - 20:55 - FUN | CYCLING<br>20:30 - 21:20 - CYC | TRX<br>20:30 - 20:55 - FUN | CYCLING<br>20:30 - 21:20 - CYC | | | |
| 21:00 | B.COMBAT<br>21:00 - 21:55 - ST2 | TRX<br>21:00 - 21:25 - FUN | B.ATTACK 30<br>21:00 - 21:25 - FUN | HIIT<br>21:00 - 21:25 - FUN | B.BALANCE<br>21:00 - 21:55 - ST1 | | |
| | TRX<br>21:00 - 21:25 - FUN | ZUMBA<br>21:00 - 21:55 - ST2 | B.PUMP<br>21:00 - 21:55 - ST2 | ZUMBA<br>21:00 - 21:55 - ST2 | CYCLING VIRTUAL<br>21:30 - 22:15 - CYC | | |
| | ESTILOS<br>21:15 - 22:10 - ST1 | B.ATTACK<br>21:15 - 22:10 - ST1 | B.BALANCE<br>21:15 - 22:10 - ST1 | ABDOMINALES<br>21:30 - 21:55 - FUN | | | |
| | ABDOMINALES<br>21:30 - 21:55 - FUN | ABDOMINALES<br>21:30 - 21:55 - FUN | CYCLING VIRTUAL<br>21:30 - 22:15 - CYC | CYCLING VIRTUAL<br>21:30 - 22:15 - CYC | | | |
| | CYCLING<br>21:30 - 22:20 - CYC | CYCLING<br>21:30 - 22:20 - CYC | GAP<br>21:30 - 21:55 - FUN | | | | |

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