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

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

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