

# Horario de actividades dirigidas

Centro

Horario Completo



| HORA  | LUNES                                  | MARTES                                       | MIÉRCOLES                              | JUEVES                                       | VIERNES                                  | SÁBADO                                 | DOMINGO                                |
|-------|----------------------------------------|----------------------------------------------|----------------------------------------|----------------------------------------------|------------------------------------------|----------------------------------------|----------------------------------------|
| 07:00 | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC       | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC       | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC   |                                        |                                        |
| 08:00 | YOGA<br>08:15 - 09:10 - Estudio        | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC       | YOGA<br>08:15 - 09:10 - Estudio        | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC       | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC   |                                        |                                        |
|       | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC | ESPALDA SANA<br>08:30 - 09:15 - Estudio      | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC | ESPALDA SANA<br>08:30 - 09:15 - Estudio      | ESTIRAMIENTOS<br>08:30 - 09:15 - Estudio |                                        |                                        |
| 09:00 | ABDOMINALES<br>09:15 - 09:30 - Estudio | ABDOMINALES<br>09:15 - 09:30 - Estudio       | ABDOMINALES<br>09:15 - 09:30 - Fit 1   | ABDOMINALES<br>09:15 - 09:30 - Estudio       | ABDOMINALES<br>09:15 - 09:30 - Estudio   | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC |
|       | CYCLING<br>09:30 - 10:15 - CYC         | B.PUMP<br>09:30 - 10:25 - Estudio            | CYCLING<br>09:30 - 10:15 - CYC         | B.PUMP<br>09:30 - 10:25 - Estudio            | CYCLING<br>09:30 - 10:15 - CYC           |                                        |                                        |
|       | ESPALDA SANA<br>09:30 - 09:55 - Fit 1  | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC       | ESTIRAMIENTOS<br>09:30 - 09:55 - Fit 1 | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC       | PILATES NOVEL<br>09:30 - 10:15 - Fit 1   |                                        |                                        |
| 10:00 | ZUMBA<br>09:30 - 10:25 - Estudio       | GLUTEOS<br>09:30 - 09:55 - Fit 1             | ZONE<br>09:30 - 10:25 - Estudio        | FUNCTIONAL<br>09:30 - 10:15 - BOX            | ZONE<br>09:30 - 10:25 - Estudio          |                                        |                                        |
|       | ABDOMINALES<br>10:15 - 10:30 - Estudio | ABDOMINALES<br>10:15 - 10:30 - Fit 1         | ABDOMINALES<br>10:15 - 10:30 - Estudio | ABDOMINALES<br>10:15 - 10:30 - Fit 1         | B.PUMP<br>10:30 - 11:25 - Estudio        | B.PUMP<br>10:30 - 11:25 - Estudio      | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC |
|       | B.BALANCE<br>10:30 - 11:25 - Fit 1     | B.COMBAT<br>10:30 - 11:25 - Estudio          | B.BALANCE<br>10:30 - 11:25 - Fit 1     | B.COMBAT<br>10:30 - 11:25 - Estudio          | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC   | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC |                                        |
|       | B.PUMP<br>10:30 - 11:25 - Estudio      | CYCLING<br>10:30 - 11:15 - CYC               | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC | CYCLING<br>10:30 - 11:15 - CYC               | FUNCTIONAL<br>10:30 - 11:15 - BOX        |                                        |                                        |
|       | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC | PILATES<br>10:30 - 11:15 - Estudio Principal | FUNCTIONAL<br>10:30 - 11:15 - BOX      | PILATES<br>10:30 - 11:15 - Estudio Principal | ZUMBA<br>10:30 - 11:25 - Fit 1           |                                        |                                        |
|       | FUNCTIONAL<br>10:30 - 11:15 - BOX      |                                              | ZUMBA<br>10:30 - 11:25 - Estudio       |                                              |                                          |                                        |                                        |
| 11:00 | ABDOMINALES<br>11:30 - 11:45 - Fit 1   | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC       | ABDOMINALES<br>11:30 - 11:45 - Fit 1   | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC       | ABDOMINALES<br>11:30 - 11:45 - Fit 1     | CYCLING<br>11:30 - 12:15 - CYC         | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC |
|       | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC | GAP<br>11:30 - 11:55 - Estudio               | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC | DANCE<br>11:30 - 12:25 - Estudio             | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC   |                                        |                                        |
| 12:00 | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC       | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC       | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC   | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC |
| 13:00 | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC       | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC       | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC   | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC |                                        |
| 14:00 | B.PUMP<br>14:30 - 15:25 - Estudio      | CYCLING<br>14:30 - 15:15 - CYC               | B.PUMP<br>14:30 - 15:25 - Estudio      | CYCLING<br>14:30 - 15:15 - CYC               | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC   | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC |                                        |
|       | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC |                                              | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC |                                              |                                          |                                        |                                        |
| 15:00 | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC       | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC       | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC   | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC |                                        |
| 16:00 | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC       | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC       | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC   | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC |                                        |
| 17:00 | B.PUMP<br>17:00 - 17:55 - Estudio      | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC       | B.BALANCE<br>17:00 - 17:55 - Estudio   | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC       |                                          | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC |                                        |
|       | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC | PILATES<br>17:30 - 18:15 - Fit 1             | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC | PILATES<br>17:30 - 18:15 - Fit 1             |                                          |                                        |                                        |
|       | FUNCTIONAL<br>17:30 - 18:15 - BOX      |                                              | FUNCTIONAL<br>17:30 - 18:15 - BOX      |                                              |                                          |                                        |                                        |

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| HORA  | LUNES                                         | MARTES                                        | MIÉRCOLES                                     | JUEVES                                        | VIERNES                                            | SÁBADO                                        | DOMINGO |
|-------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|----------------------------------------------------|-----------------------------------------------|---------|
| 18:00 | <b>B.COMBAT</b><br>18:00 - 18:55 - Fit 1      | <b>TRX</b><br>18:00 - 18:25 - Fit 2           | <b>TONE</b><br>18:00 - 18:55 - Estudio        | <b>B.PUMP</b><br>18:00 - 18:55 - Estudio      | <b>ZUMBA</b><br>18:00 - 18:55 - Estudio Principal  | <b>CYCLING VIRTUAL</b><br>18:30 - 19:15 - CYC |         |
|       | <b>DANCE</b><br>18:00 - 18:55 - Estudio       | <b>ZUMBA</b><br>18:00 - 18:55 - Estudio       | <b>CYCLING</b><br>18:30 - 19:15 - CYC         | <b>CROSSTRaining</b><br>18:30 - 19:25 - BOX   |                                                    |                                               |         |
|       | <b>CROSSTRaining</b><br>18:30 - 19:25 - BOX   | <b>CYCLING</b><br>18:30 - 19:15 - CYC         |                                               | <b>CYCLING</b><br>18:30 - 19:15 - CYC         |                                                    |                                               |         |
|       | <b>CYCLING</b><br>18:30 - 19:15 - CYC         | <b>FUNCTIONAL</b><br>18:30 - 19:15 - BOX      |                                               | <b>GAP</b><br>18:30 - 18:55 - Fit 1           |                                                    |                                               |         |
| 19:00 | <b>B.BALANCE</b><br>19:00 - 19:55 - Estudio   | <b>TONE</b><br>19:00 - 19:55 - Estudio        | <b>B.COMBAT</b><br>19:00 - 19:55 - Estudio    | <b>GLUTEOS</b><br>19:00 - 19:25 - Fit 1       | <b>B.PUMP</b><br>19:00 - 19:55 - Estudio Principal |                                               |         |
|       | <b>GAP</b><br>19:00 - 19:45 - Fit 1           | <b>ABDOMINALES</b><br>19:30 - 19:45 - Fit 2   | <b>CROSSTRaining</b><br>19:00 - 19:55 - BOX   | <b>ZUMBA</b><br>19:00 - 19:55 - Estudio       |                                                    |                                               |         |
|       | <b>ABDOMINALES</b><br>19:30 - 19:45 - Fit 2   | <b>CROSSTRaining</b><br>19:30 - 20:25 - BOX   | <b>GLUTEOS</b><br>19:00 - 19:25 - Fit 1       | <b>ABDOMINALES</b><br>19:30 - 19:45 - Fit 2   |                                                    |                                               |         |
|       | <b>CROSSTRaining</b><br>19:30 - 20:25 - BOX   | <b>CYCLING</b><br>19:30 - 20:15 - CYC         | <b>ABDOMINALES</b><br>19:30 - 19:45 - Fit 2   | <b>B.COMBAT</b><br>19:30 - 20:25 - Fit 1      |                                                    |                                               |         |
|       | <b>CYCLING</b><br>19:30 - 20:15 - CYC         | <b>ESPALDA SANA</b><br>19:30 - 20:15 - Fit 1  | <b>CYCLING</b><br>19:30 - 20:15 - CYC         | <b>CROSSTRaining</b><br>19:30 - 20:25 - BOX   |                                                    |                                               |         |
|       | <b>ESPALDA SANA</b><br>19:30 - 20:15 - Fit 1  |                                               | <b>ESPALDA SANA</b><br>19:30 - 20:15 - Fit 1  | <b>CYCLING</b><br>19:30 - 20:15 - CYC         |                                                    |                                               |         |
| 20:00 | <b>B.PUMP</b><br>20:00 - 20:55 - Estudio      | <b>GLUTEOS</b><br>20:00 - 20:25 - Fit 2       | <b>B.PUMP</b><br>20:00 - 20:55 - Estudio      | <b>RUNNING</b><br>20:00 - 20:55 - OUT         | <b>B.BALANCE</b><br>20:00 - 20:55 - Estudio        |                                               |         |
|       | <b>ESPALDA SANA</b><br>20:00 - 20:25 - Fit 1  | <b>RUNNING</b><br>20:00 - 20:55 - OUT         | <b>FUNCTIONAL</b><br>20:00 - 20:45 - BOX      | <b>STEP</b><br>20:00 - 20:45 - Estudio        | <b>CYCLING</b><br>20:00 - 20:45 - CYC              |                                               |         |
|       | <b>TRX</b><br>20:00 - 20:25 - Fit 2           | <b>STEP</b><br>20:00 - 20:45 - Estudio        | <b>TRX</b><br>20:00 - 20:25 - Fit 2           | <b>ABDOMINALES</b><br>20:30 - 20:45 - Fit 2   |                                                    |                                               |         |
|       | <b>ABDOMINALES</b><br>20:30 - 20:45 - Fit 1   | <b>ABDOMINALES</b><br>20:30 - 20:45 - Fit 2   | <b>ABDOMINALES</b><br>20:30 - 20:45 - Fit 2   | <b>CYCLING</b><br>20:30 - 21:15 - CYC         |                                                    |                                               |         |
|       | <b>CYCLING</b><br>20:30 - 21:15 - CYC         | <b>B.COMBAT</b><br>20:30 - 21:25 - Fit 1      | <b>CYCLING</b><br>20:30 - 21:15 - CYC         | <b>ESPALDA SANA</b><br>20:30 - 20:55 - Fit 1  |                                                    |                                               |         |
|       |                                               | <b>CROSSTRaining</b><br>20:30 - 21:25 - BOX   | <b>GAP</b><br>20:30 - 21:15 - Fit 1           |                                               |                                                    |                                               |         |
| 21:00 | <b>FUNCTIONAL</b><br>21:00 - 21:45 - BOX      | <b>B.PUMP</b><br>21:00 - 21:55 - Estudio      | <b>CYCLING VIRTUAL</b><br>21:30 - 22:15 - CYC | <b>B.PUMP</b><br>21:00 - 21:55 - Estudio      | <b>CYCLING VIRTUAL</b><br>21:00 - 21:45 - CYC      |                                               |         |
|       | <b>TONE</b><br>21:00 - 21:55 - Estudio        | <b>CYCLING VIRTUAL</b><br>21:30 - 22:15 - CYC |                                               | <b>FUNCTIONAL</b><br>21:00 - 21:45 - BOX      |                                                    |                                               |         |
|       | <b>CYCLING VIRTUAL</b><br>21:30 - 22:15 - CYC |                                               |                                               | <b>CYCLING VIRTUAL</b><br>21:30 - 22:15 - CYC |                                                    |                                               |         |

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