

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	YOGA 08:15 - 09:10 - Estudio Principal	CYCLING VIRTUAL 08:30 - 09:15 - CYC	YOGA 08:15 - 09:10 - Estudio Principal	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
	CYCLING VIRTUAL 08:30 - 09:15 - CYC	ESPALDA SANA 08:30 - 09:15 - Estudio Principal	CYCLING VIRTUAL 08:30 - 09:15 - CYC	ESPALDA SANA 08:30 - 09:15 - Estudio Principal	ESTIRAMIENTOS 08:30 - 09:15 - Estudio Principal		
09:00	ABDOMINALES 09:15 - 09:30 - Estudio Principal	ABDOMINALES 09:15 - 09:30 - Estudio Principal	ABDOMINALES 09:15 - 09:30 - Fit 1	ABDOMINALES 09:15 - 09:30 - Estudio Principal	ABDOMINALES 09:15 - 09:30 - Estudio Principal	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
	CYCLING 09:30 - 10:15 - CYC	B.PUMP 09:30 - 10:25 - Estudio Principal	CYCLING 09:30 - 10:15 - CYC	B.PUMP 09:30 - 10:25 - Estudio Principal	CYCLING 09:30 - 10:15 - CYC		
	ESPALDA SANA 09:30 - 09:55 - Fit 1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	ESTIRAMIENTOS 09:30 - 09:55 - Fit 1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	PILATES NOVEL 09:30 - 10:15 - Fit 1		
10:00	ZUMBA 09:30 - 10:25 - Estudio Principal	GLUTEOS 09:30 - 09:55 - Fit 1	ZONE 09:30 - 10:25 - Estudio Principal	FUNCTIONAL 09:30 - 10:15 - BOX	ZONE 09:30 - 10:25 - Estudio Principal		
	ABDOMINALES 10:15 - 10:30 - Estudio Principal	ABDOMINALES 10:15 - 10:30 - Fit 1	ABDOMINALES 10:15 - 10:30 - Estudio Principal	ABDOMINALES 10:15 - 10:30 - Fit 1	B.PUMP 10:30 - 11:25 - Estudio Principal	B.PUMP 10:30 - 11:25 - Estudio Principal	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	B.PUMP 10:30 - 11:25 - Estudio Principal	B.COMBAT 10:30 - 11:25 - Estudio Principal	B.BALANCE 10:30 - 11:25 - Fit 1	B.COMBAT 10:30 - 11:25 - Estudio Principal	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	
	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC	FUNCTIONAL 10:30 - 11:15 - BOX		
	FUNCTIONAL 10:30 - 11:15 - BOX	PILATES 10:30 - 11:15 - Estudio Principal	FUNCTIONAL 10:30 - 11:15 - BOX	PILATES 10:30 - 11:15 - Estudio Principal	ZUMBA 10:30 - 11:25 - Fit 1		
11:00	ABDOMINALES 11:30 - 11:45 - Fit 1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:30 - 11:45 - Fit 1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
	CYCLING VIRTUAL 11:30 - 12:15 - CYC		CYCLING VIRTUAL 11:30 - 12:15 - CYC	DANCE 11:30 - 12:25 - Estudio Principal			
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	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 - Estudio Principal	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:25 - Estudio Principal	CYCLING 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	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.PUMP 17:00 - 17:55 - Estudio Principal	CYCLING VIRTUAL 17:30 - 18:15 - CYC	B.BALANCE 17:00 - 17:55 - Estudio Principal	CYCLING VIRTUAL 17:30 - 18:15 - CYC		CYCLING VIRTUAL 17:30 - 18:15 - CYC	
	CYCLING VIRTUAL 17:30 - 18:15 - CYC	PILATES 17:30 - 18:15 - Fit 1	CYCLING VIRTUAL 17:30 - 18:15 - CYC				
	FUNCTIONAL 17:30 - 18:15 - BOX		FUNCTIONAL 17:30 - 18:15 - BOX				

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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

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