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	B.BALANCE 08:30 - 09:25 - ST1	CYCLING VIRTUAL 08:30 - 09:15 - CYC	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	PILATES 08:30 - 09:25 - ST1	YOGA 08:30 - 09:25 - ST1			
09:00	CYCLING 09:30 - 10:20 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:20 - CYC	B.PUMP 09:30 - 10:25 - ST2	CYCLING 09:30 - 10:20 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:20 - CYC
	ESPALDA SANA 09:30 - 10:25 - ST1	GAP 09:30 - 10:25 - ST2	ESPALDA SANA 09:30 - 10:25 - ST1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	TONE 09:30 - 10:25 - ST2		
	STEP 09:30 - 10:25 - ST2	PILATES 09:30 - 10:25 - ST1	STEP 09:30 - 10:25 - ST2	PILATES 09:30 - 10:25 - ST1			
10:00	ABDOMINALES 10:30 - 10:55 - FUN	CYCLING 10:30 - 11:20 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:20 - CYC	B.PUMP 10:30 - 11:25 - ST2	CYCLING 10:30 - 11:20 - CYC	CYCLING VIRTUAL 10:30 - 11:20 - CYC
	B.PUMP 10:30 - 11:25 - ST2	GIMNASIA SUAVE 10:30 - 11:25 - ST1	GAP 10:30 - 11:25 - ST2	GIMNASIA SUAVE 10:30 - 11:25 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC		
	CYCLING VIRTUAL 10:30 - 11:15 - CYC		GIMNASIA SUAVE 10:30 - 11:25 - ST1	ZUMBA 10:30 - 11:25 - ST2	GIMNASIA SUAVE 10:30 - 11:25 - ST1		
	GIMNASIA SUAVE 10:30 - 11:25 - ST1						
11:00	B.BALANCE 11:30 - 12:25 - ST1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:20 - CYC
	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ESPALDA SANA 11:30 - 12:25 - ST1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ESPALDA SANA 11:30 - 12:25 - ST1	PILATES 11:30 - 12:25 - ST1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	
	ZUMBA 11:30 - 12:25 - ST2	ESTILOS 11:30 - 12:25 - ST2	YOGA 11:30 - 12:25 - ST1		ZUMBA 11:30 - 12:25 - ST2		
12:00	B.COMBAT 12:30 - 13:25 - ST1	B.PUMP 12:30 - 13:25 - ST2	B.COMBAT 12:30 - 13:25 - ST1	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 - 13:20 - 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 - ST2	CYCLING 14:30 - 15:20 - CYC	B.PUMP 14:30 - 15:25 - ST2	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		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	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	
18:00	PILATES 18:00 - 18:55 - ST1	B.PUMP 18:00 - 18:55 - ST2	B.PUMP 18:00 - 18:55 - ST2	GAP 18:00 - 18:55 - ST1	CYCLING 18:30 - 19:20 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
	STEP 18:00 - 18:55 - ST2	TONE 18:00 - 18:55 - ST1	PILATES 18:00 - 18:55 - ST1	CYCLING VIRTUAL 18:30 - 19:15 - CYC			
	ABDOMINALES 18:30 - 18:55 - FUN	ABDOMINALES 18:30 - 18:55 - FUN	CYCLING 18:30 - 19:20 - CYC				
	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	ZUMBA 19:00 - 19:55 - ST2	STEP 19:00 - 19:55 - ST2	GAP 19:00 - 19:55 - ST2	B.COMBAT 19:00 - 19:55 - ST2	B.PUMP 19:00 - 19:55 - ST2		
	GAP 19:15 - 20:10 - ST1	TÃ• BATA 19:00 - 19:25 - FUN	B.COMBAT 19:15 - 20:10 - ST1	PILATES 19:15 - 20:10 - ST1			
	CYCLING VIRTUAL 19:30 - 20:15 - CYC	PILATES 19:15 - 20:10 - ST1	CYCLING VIRTUAL 19:30 - 20:15 - CYC	ABDOMINALES 19:30 - 19:55 - FUN			
	HIIT 19:30 - 19:55 - FUN	CYCLING 19:30 - 20:20 - CYC	HIIT 19:30 - 19:55 - FUN	CYCLING 19:30 - 20:20 - CYC			
		GAP 19:30 - 19:55 - FUN					
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	ZUMBA 21:00 - 21:55 - ST2	B.ATTACK 30 21:00 - 21:25 - FUN	HIIT 21:00 - 21:25 - FUN	B.BALANCE 21:00 - 21:55 - ST1		
	ESTILOS 21:00 - 21:55 - ST1	B.ATTACK 21:15 - 22:10 - ST1	B.PUMP 21:00 - 21:55 - ST2	ZUMBA 21:00 - 21:55 - ST2	CYCLING VIRTUAL 21:30 - 22:15 - CYC		
	TRX 21:00 - 21:25 - FUN	ABDOMINALES 21:30 - 21:55 - FUN	B.BALANCE 21:15 - 22:10 - ST1	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 VIRTUAL 21:30 - 22:15 - CYC			
	CYCLING 21:30 - 22:20 - CYC		GAP 21:30 - 21:55 - FUN				

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