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

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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