

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	CYCLING VIRTUAL 08:30 - 09:15 - CYC	YOGA 08:15 - 09:10 - Estudio	CYCLING VIRTUAL 08:30 - 09:15 - CYC	YOGA 08:15 - 09:10 - Estudio		
	CYCLING VIRTUAL 08:30 - 09:15 - CYC	ESPALDA SANA 08:30 - 09:15 - Estudio	CYCLING VIRTUAL 08:30 - 09:15 - CYC	ESPALDA SANA 08:30 - 09:15 - Estudio	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	ABDOMINALES 09:00 - 09:15 - Fit 1	ABDOMINALES 09:00 - 09:15 - Fit 1	ABDOMINALES 09:00 - 09:15 - Fit 1	ABDOMINALES 09:00 - 09:15 - Fit 1	ABDOMINALES 09:00 - 09:15 - Fit 1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
	CYCLING 09:30 - 10:15 - CYC	B.COMBAT 09:30 - 10:25 - Estudio	CYCLING 09:30 - 10:15 - CYC	B.PUMP 09:30 - 10:25 - Estudio	CYCLING 09:30 - 10:15 - CYC		
	ESPALDA SANA 09:30 - 09:55 - Fit 1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	PILATES NOVEL 09:30 - 10:15 - Fit 1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	PILATES NOVEL 09:30 - 10:15 - Fit 1		
	TONE 09:30 - 10:25 - Estudio Principal	FUNCTIONAL 09:30 - 10:15 - BOX	ZUMBA 09:30 - 10:25 - Estudio Principal	FUNCTIONAL 09:30 - 10:15 - BOX	ZUMBA 09:30 - 10:25 - Estudio Principal		
				GLUTEOS 09:30 - 09:55 - Fit 1			
10:00	B.COMBAT 10:00 - 10:55 - Fit 1	ABDOMINALES 10:00 - 10:15 - Fit 1	B.PUMP 10:30 - 11:25 - Estudio	ABDOMINALES 10:00 - 10:15 - Fit 1	ABDOMINALES 10:00 - 10:15 - Fit 2	B.PUMP 10:30 - 11:25 - Estudio	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	B.PUMP 10:30 - 11:25 - Estudio	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC	B.COMBAT 10:30 - 11:25 - Fit 1	CYCLING VIRTUAL 10:30 - 11:15 - CYC	
	CYCLING VIRTUAL 10:30 - 11:15 - CYC	PILATES 10:30 - 11:15 - Fit 1	FUNCTIONAL 10:30 - 11:15 - BOX	PILATES 10:30 - 11:15 - Fit 1	B.PUMP 10:30 - 11:25 - Estudio		
	FUNCTIONAL 10:30 - 11:15 - BOX	ZUMBA 10:30 - 11:25 - Estudio Principal		TONE 10:30 - 11:25 - Estudio Principal	CYCLING VIRTUAL 10:30 - 11:15 - CYC		
11:00	ABDOMINALES 11:00 - 11:15 - Fit 1	B.PUMP 11:30 - 12:25 - Estudio	ABDOMINALES 11:00 - 11:15 - Fit 1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING 11:30 - 12:25 - Estudio Principal	CYCLING VIRTUAL 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				
	GLUTEOS 11:30 - 11:55 - Fit 1		GLUTEOS 11:30 - 11:55 - Estudio Principal				
	ZUMBA 11:30 - 12:25 - Estudio						
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		
14:00	B.PUMP 14:30 - 15:25 - Estudio	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:25 - Estudio	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	CYCLING VIRTUAL 17:30 - 18:15 - CYC	B.PUMP 17:00 - 17:55 - Estudio	FUNCTIONAL 17:00 - 17:45 - BOX	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	
	TRX 17:00 - 17:25 - Fit 2	FUNCTIONAL 17:30 - 18:15 - BOX	ESTIRAMIENTOS 17:00 - 17:25 - Fit 1	CYCLING VIRTUAL 17:30 - 18:15 - CYC			
	CYCLING VIRTUAL 17:30 - 18:15 - CYC		CYCLING VIRTUAL 17:30 - 18:15 - CYC				
	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	PILATES 18:00 - 18:45 - Estudio Principal	TRX 18:00 - 18:25 - Fit 2	FUNCTIONAL 18:00 - 18:45 - BOX	B.PUMP 18:00 - 18:55 - Estudio Principal	ZUMBA 18:00 - 18:45 - Estudio Principal	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
	STEP FUNCIONAL 18:00 - 18:45 - Fit 1	ZUMBA 18:00 - 18:45 - Estudio Principal	GLUTEOS 18:00 - 18:25 - Fit 2	CROSSTRaining 18:30 - 19:25 - BOX	CYCLING VIRTUAL 18:30 - 19:15 - CYC		
	CROSSTRaining 18:30 - 19:25 - BOX	CYCLING 18:30 - 19:15 - CYC	PILATES 18:00 - 18:45 - Estudio Principal	CYCLING 18:30 - 19:15 - CYC			
	CYCLING 18:30 - 19:15 - CYC	GLOBAL FITNESS 18:30 - 19:15 - BOX	CYCLING 18:30 - 19:15 - CYC	GLOBAL FITNESS 18:30 - 19:15 - Fit 1			
19:00	B.COMBAT 19:00 - 19:55 - Fit 1	CROSSTRaining 19:00 - 19:55 - BOX	B.COMBAT 19:00 - 19:55 - Estudio Principal	TRX 19:00 - 19:25 - Fit 2	B.PUMP 19:00 - 19:55 - Estudio Principal		
	GLUTEOS 19:00 - 19:25 - Fit 2	TONE 19:00 - 19:55 - Estudio Principal	CROSSTRaining 19:00 - 19:55 - BOX	ZUMBA 19:00 - 19:45 - Estudio Principal	CROSSTRaining 19:00 - 19:55 - BOX		
	ZUMBA 19:00 - 19:45 - Estudio Principal	ABDOMINALES 19:30 - 19:45 - Fit 2	DANCE 19:00 - 19:45 - Fit 1	ABDOMINALES 19:30 - 19:45 - Fit 2			
	ABDOMINALES 19:30 - 19:45 - Fit 2	B.BALANCE 19:30 - 20:25 - Fit 1	ABDOMINALES 19:30 - 19:45 - Fit 2	B.BALANCE 19:30 - 20:25 - Fit 1			
	CROSSTRaining 19:30 - 20:25 - BOX	CYCLING 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - CYC	CROSSTRaining 19:30 - 20:25 - BOX			
	CYCLING 19:30 - 20:15 - CYC			CYCLING 19:30 - 20:15 - CYC			
20:00	HIIT 20:00 - 20:25 - Estudio Principal	CROSSTRaining 20:00 - 20:55 - BOX	B.PUMP 20:00 - 20:55 - Estudio Principal	GLUTEOS 20:00 - 20:25 - Fit 2	CYCLING 20:00 - 20:45 - CYC		
	ABDOMINALES 20:30 - 20:45 - Fit 2	GLUTEOS 20:00 - 20:25 - Fit 2	CROSSTRaining 20:00 - 20:55 - BOX	RUNNING 20:00 - 20:55 - OUT	YOGA 20:00 - 20:55 - Estudio Principal		
	B.PUMP 20:30 - 21:25 - Estudio Principal	RUNNING 20:00 - 20:55 - OUT	HIIT 20:00 - 20:25 - Fit 1	TONE 20:00 - 20:55 - Estudio Principal			
	CYCLING 20:30 - 21:15 - CYC	STEP FUNCIONAL 20:00 - 20:45 - Estudio Principal	ABDOMINALES 20:30 - 20:45 - Fit 1	ABDOMINALES 20:30 - 20:45 - Fit 2			
	FUNCTIONAL 20:30 - 21:15 - BOX	ABDOMINALES 20:30 - 20:45 - Fit 1	CYCLING 20:30 - 21:15 - CYC	B.COMBAT 20:30 - 21:25 - Fit 1			
		CYCLING 20:30 - 21:15 - CYC		CYCLING 20:30 - 21:15 - CYC			
21:00	CYCLING VIRTUAL 21:30 - 22:15 - CYC	B.PUMP 21:00 - 21:55 - Estudio Principal	FUNCTIONAL 21:00 - 21:45 - Estudio Principal	B.PUMP 21:00 - 21:55 - Estudio Principal	CYCLING VIRTUAL 21:30 - 22:15 - CYC		
		FUNCTIONAL 21:00 - 21:45 - BOX	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC			
		CYCLING VIRTUAL 21:30 - 22:15 - CYC					

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