Horario
de actividades dirigidas

Centro — Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING 07:00 - 07:45 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	QUEENAX 07:00 - 07:25 - FUN	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 - ST2	CYCLING 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	ABDOMINALES 08:30 - 08:55 - ST1		
			YOGA 08:30 - 09:25 - ST1	GAP 08:30 - 09:25 - ST2	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	QUEENAX 09:00 - 09:25 - FUN	B.ATTACK 09:30 - 10:25 - ST2	PILATES 30 09:00 - 09:25 - ST2	CROSSTRAINING 09:30 - 10:25 - ST2	PILATES 30 09:00 - 09:25 - ST1		CYCLING VIRTUAL 09:30 - 10:15 - CYC
	CYCLING 09:30 - 10:15 - CYC	ESPALDA SANA 09:30 - 10:25 - ST1	B.PUMP 09:30 - 10:25 - ST2	TRX 09:30 - 09:55 - FUN	CYCLING 09:30 - 10:15 - CYC		
	GAP 09:30 - 09:55 - ST1		CYCLING 09:30 - 10:15 - CYC		GAP 09:30 - 09:55 - ST1		
	YOGA 09:30 - 10:25 - ST2		ESPALDA SANA 09:30 - 10:25 - ST1		YOGA 09:30 - 10:25 - ST2		
10:00	ABDOMINALES 10:00 - 10:25 - ST1	QUEENAX 10:00 - 10:25 - FUN	B.COMBAT 10:30 - 11:25 - ST2	ABDOMINALES 10:00 - 10:25 - ST1	B.PUMP 10:30 - 11:25 - ST2	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:14 - CYC
	B.COMBAT 10:30 - 11:25 - ST2	ABDOMINALES 10:30 - 10:55 - ST1	GAP 10:30 - 11:25 - ST1	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC		
	CYCLING 10:30 - 11:15 - CYC	CROSSTRAINING 10:30 - 11:25 - ST2	QUEENAX 10:30 - 10:55 - FUN	STEP 10:30 - 11:25 - ST2	TRX 10:30 - 10:55 - FUN		
	DANCE 10:30 - 11:25 - ST1	CYCLING 10:30 - 11:15 - CYC					
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:25 - ST2	ABDOMINALES 11:30 - 11:55 - ST2	B.PUMP 11:30 - 12:25 - ST2	QUEENAX 11:00 - 11:25 - FUN		CYCLING VIRTUAL 11:30 - 12:15 - CYC
	TONE 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.COMBAT 11:30 - 12:25 - ST2		
	ZUMBA 11:30 - 12:25 - ST1	YOGA 11:30 - 12:25 - ST1	ZUMBA 11:30 - 12:25 - ST1	YOGA 11:30 - 12:25 - ST1	CYCLING VIRTUAL 11:30 - 12:15 - CYC		
12:00	ABDOMINALES 12:30 - 12:55 - ST2	ABDOMINALES 12:30 - 12:55 - ST2	QUEENAX 12:00 - 12:25 - FUN	CYCLING VIRTUAL 12:30 - 13:15 - CYC	ABDOMINALES 12:30 - 12:55 - ST2	QUEENAX 12:00 - 12:25 - FUN	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	GLUTEOS 12:30 - 13:25 - ST2	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			
14:00	CROSSTRAINING 14:30 - 15:25 - ST2	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:25 - ST2	B.COMBAT 14:30 - 15:25 - ST2	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			
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		
17:00	ESPALDA SANA 17:00 - 17:55 - ST1	B.PUMP 17:00 - 17:55 - ST2	B.PUMP 17:00 - 17:55 - ST2	B.PUMP 17:00 - 17:55 - ST2	CYCLING VIRTUAL 17:30 - 18:15 - CYC		
	GAP 17:00 - 17:55 - ST2	PILATES 17:00 - 17:55 - ST1	CYCLING 17:30 - 18:15 - CYC	CYCLING 17:30 - 18:15 - CYC			
	CYCLING 17:30 - 18:15 - CYC	CYCLING 17:30 - 18:15 - CYC		QUEENAX 17:30 - 17:55 - FUN			
18:00	CROSSTRAINING 18:00 - 18:55 - ST2	GAP 18:00 - 18:55 - ST1	GAP 18:00 - 18:55 - ST1	B.COMBAT 18:00 - 18:55 - ST1	CYCLING 18:30 - 19:15 - CYC		
	PILATES 30 18:00 - 18:25 - ST1	YOGA 18:00 - 18:55 - ST2	CYCLING 18:30 - 19:15 - CYC	YOGA 18:00 - 18:55 - ST2			
	CYCLING 18:30 - 19:15 - CYC	CYCLING 18:30 - 19:15 - CYC		QUEENAX 18:30 - 18:55 - FUN			

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	ABDOMINALES 19:00 - 19:25 - FUN PILATES 19:00 - 19:55 - ST2 ZUMBA 19:00 - 19:55 - ST1 CYCLING 19:30 - 20:15 - CYC QUEENAX 19:30 - 19:55 - FUN	CROSSTRAINING 19:00 - 19:55 - ST2 PILATES 30 19:00 - 19:25 - ST1 CYCLING 19:30 - 20:15 - CYC QUEENAX 19:30 - 19:55 - FUN	ABDOMINALES 19:00 - 19:25 - ST1 B.PUMP 19:00 - 19:55 - ST2 CYCLING 19:30 - 20:15 - CYC QUEENAX 19:30 - 19:55 - FUN	CROSSTRAINING 19:00 - 19:55 - ST2 ZUMBA 19:00 - 19:55 - ST1 CYCLING 19:30 - 20:15 - CYC	B.PUMP 19:00 - 19:55 - ST2 ABDOMINALES 19:30 - 19:55 - ST1		
20:00	B.PUMP 20:00 - 20:55 - ST2 CYCLING 20:30 - 21:15 - CYC	ZUMBA 20:00 - 20:55 - ST2 CYCLING 20:30 - 21:15 - CYC	TRX 20:00 - 20:25 - FUN ZUMBA 20:00 - 20:55 - ST2 CYCLING 20:30 - 21:15 - CYC	B.PUMP 20:00 - 20:55 - ST2 PILATES 30 20:00 - 20:25 - ST1 CYCLING 20:30 - 21:15 - CYC ESTIRAMIENTOS 20:30 - 20:55 - ST1	QUEENAX 20:00 - 20:25 - FUN CYCLING 20:30 - 21:15 - CYC		
21:00	B.COMBAT 21:00 - 21:55 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC	B.PUMP 21:00 - 21:55 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC	B.COMBAT 21:00 - 21:55 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC			

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