

# 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	ESTIRAMIENTOS 09:30 - 09:55 - Fit 1	ZUMBA 09:30 - 10:25 - Estudio Principal	FUNCTIONAL 09:30 - 10:15 - BOX	ZUMBA 09:30 - 10:25 - Estudio Principal		
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 NOVEL 10:30 - 11:15 - Fit 1	FUNCTIONAL 10:30 - 11:15 - BOX	PILATES NOVEL 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	FUNCTIONAL 10:30 - 11:15 - BOX	
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	FUNCTIONAL 17:00 - 17:45 - BOX	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	
	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			
	FUNCTIONAL 17:30 - 18:15 - BOX	TONE 17:30 - 18:15 - Estudio Principal		TONE 17:30 - 18:15 - Estudio Principal			

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# Horario de actividades dirigidas

Centro



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	<b>PILATES</b> 18:00 - 18:45 - Estudio Principal	<b>GLOBAL FITNESS</b> 18:00 - 18:45 - BOX	<b>FUNCTIONAL</b> 18:00 - 18:45 - BOX	<b>GLOBAL FITNESS</b> 18:00 - 18:45 - Fit 1	<b>ZUMBA</b> 18:00 - 18:45 - Estudio Principal	<b>CYCLING VIRTUAL</b> 18:30 - 19:15 - CYC	
	<b>STEP FUNCIONAL</b> 18:00 - 18:45 - Fit 1	<b>CROSSTRAINING</b> 18:30 - 19:25 - BOX	<b>PILATES</b> 18:00 - 18:45 - Estudio Principal	<b>CROSSTRAINING</b> 18:30 - 19:25 - BOX	<b>ABDOMINALES</b> 18:30 - 18:45 - Fit 1		
	<b>TRX</b> 18:00 - 18:25 - Fit 2	<b>CYCLING</b> 18:30 - 19:15 - CYC	<b>CYCLING</b> 18:30 - 19:15 - CYC	<b>CYCLING</b> 18:30 - 19:15 - CYC	<b>CYCLING VIRTUAL</b> 18:30 - 19:15 - CYC		
	<b>CROSSTRAINING</b> 18:30 - 19:25 - BOX	<b>ZUMBA</b> 18:30 - 19:25 - Estudio Principal		<b>ZUMBA</b> 18:30 - 19:25 - Estudio Principal			
	<b>CYCLING</b> 18:30 - 19:15 - CYC						
19:00	<b>ABDOMINALES</b> 19:00 - 19:15 - Fit 1	<b>ABDOMINALES</b> 19:00 - 19:15 - Fit 1	<b>ABDOMINALES</b> 19:00 - 19:15 - Fit 2	<b>ABDOMINALES</b> 19:00 - 19:15 - Fit 1	<b>B.PUMP</b> 19:00 - 19:55 - Estudio Principal		
	<b>B.COMBAT</b> 19:00 - 19:55 - Fit 1	<b>B.BALANCE</b> 19:30 - 20:25 - Estudio Principal	<b>B.COMBAT</b> 19:00 - 19:55 - Estudio Principal	<b>B.BALANCE</b> 19:30 - 20:25 - Fit 1	<b>CROSSTRAINING</b> 19:00 - 19:55 - BOX		
	<b>ZUMBA</b> 19:00 - 19:45 - Estudio Principal	<b>B.COMBAT</b> 19:30 - 20:25 - Fit 1	<b>CROSSTRAINING</b> 19:00 - 19:55 - BOX	<b>B.PUMP</b> 19:30 - 20:25 - Estudio Principal			
	<b>CROSSTRAINING</b> 19:30 - 20:25 - BOX	<b>CROSSTRAINING</b> 19:30 - 20:25 - BOX	<b>DANCE</b> 19:00 - 19:45 - Fit 1	<b>CROSSTRAINING</b> 19:30 - 20:25 - BOX			
	<b>CYCLING</b> 19:30 - 20:15 - CYC	<b>CYCLING</b> 19:30 - 20:15 - CYC	<b>CYCLING</b> 19:30 - 20:15 - CYC	<b>CYCLING</b> 19:30 - 20:15 - CYC			
	<b>GLUTEOS</b> 19:30 - 19:55 - Fit 1	<b>RUNNING</b> 19:30 - 19:55 - OUT	<b>GLUTEOS</b> 19:30 - 19:55 - Fit 2	<b>GLUTEOS</b> 19:30 - 19:55 - Fit 2			
20:00	<b>ABDOMINALES</b> 20:00 - 20:15 - Fit 1	<b>ABDOMINALES</b> 20:00 - 20:15 - Fit 2	<b>ABDOMINALES</b> 20:00 - 20:15 - Fit 1	<b>ABDOMINALES</b> 20:00 - 20:15 - Fit 2	<b>CYCLING</b> 20:00 - 20:45 - CYC		
	<b>HIIT</b> 20:00 - 20:25 - Fit 1	<b>RUNNING</b> 20:00 - 20:55 - OUT	<b>B.PUMP</b> 20:00 - 20:55 - Estudio Principal	<b>RUNNING</b> 20:00 - 20:55 - OUT	<b>YOGA</b> 20:00 - 20:55 - Estudio Principal		
	<b>B.PUMP</b> 20:30 - 21:25 - Estudio Principal	<b>B.PUMP</b> 20:30 - 21:25 - Estudio Principal	<b>CROSSTRAINING</b> 20:00 - 20:55 - BOX	<b>B.COMBAT</b> 20:30 - 21:25 - Fit 1			
	<b>CYCLING</b> 20:30 - 21:15 - CYC	<b>CYCLING</b> 20:30 - 21:15 - CYC	<b>STEP FUNCIONAL</b> 20:00 - 20:45 - Fit 1	<b>CYCLING</b> 20:30 - 21:15 - CYC			
	<b>FUNCTIONAL</b> 20:30 - 21:15 - BOX	<b>HIIT</b> 20:30 - 20:55 - BOX	<b>CYCLING</b> 20:30 - 21:15 - CYC	<b>FUNCTIONAL</b> 20:30 - 21:15 - BOX			
21:00	<b>CYCLING VIRTUAL</b> 21:30 - 22:15 - CYC	<b>FUNCTIONAL</b> 21:00 - 21:45 - BOX	<b>FUNCTIONAL</b> 21:00 - 21:45 - Estudio Principal	<b>CYCLING VIRTUAL</b> 21:30 - 22:15 - CYC	<b>CYCLING VIRTUAL</b> 21:30 - 22:15 - CYC		
		<b>CYCLING VIRTUAL</b> 21:30 - 22:15 - CYC	<b>CYCLING VIRTUAL</b> 21:30 - 22:15 - CYC				