Horario
de actividades dirigidas

Centro — Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC		
08:00	YOGA 08:15 - 08:55 - Estudio Principal	CYCLING VIRTUAL 08:30 - 09:10 - CYC	YOGA 08:15 - 08:55 - Estudio Principal	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC		
	CYCLING VIRTUAL 08:30 - 09:10 - CYC		CYCLING VIRTUAL 08:30 - 09:10 - CYC				
09:00	CYCLING 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING 09:30 - 10:10 - CYC	B.PUMP 09:30 - 10:10 - Estudio Principal	CYCLING 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC
	ZUMBA 09:30 - 10:10 - Estudio Principal		ZUMBA 09:30 - 10:10 - Estudio Principal	CYCLING VIRTUAL 09:30 - 10:10 - CYC			
10:00	B.PUMP 10:30 - 11:10 - Estudio Principal	CYCLING 10:30 - 11:10 - CYC	B.PUMP 10:30 - 11:10 - Estudio Principal	CYCLING 10:30 - 11:10 - CYC	B.PUMP 10:30 - 11:10 - Estudio Principal	CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC
	CYCLING VIRTUAL 10:30 - 11:10 - CYC	PILATES 10:30 - 11:10 - Estudio Principal	CYCLING VIRTUAL 10:30 - 11:10 - CYC	PILATES 10:30 - 11:10 - Estudio Principal	CYCLING VIRTUAL 10:30 - 11:10 - CYC		
11:00	CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC
12:00	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC
13:00	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	
14:00	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	
15:00	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	
16:00	CYCLING VIRTUAL 16:30 - 17:10 - CYC	CYCLING VIRTUAL 16:30 - 17:10 - CYC	CYCLING VIRTUAL 16:30 - 17:10 - CYC	CYCLING VIRTUAL 16:30 - 17:10 - CYC	CYCLING VIRTUAL 16:30 - 17:10 - CYC	CYCLING VIRTUAL 16:30 - 17:10 - CYC	
17:00	CYCLING VIRTUAL 17:30 - 18:10 - CYC	CYCLING VIRTUAL 17:30 - 18:10 - CYC	CYCLING VIRTUAL 17:30 - 18:10 - CYC	CYCLING VIRTUAL 17:30 - 18:10 - CYC	CYCLING VIRTUAL 17:30 - 18:10 - CYC	CYCLING VIRTUAL 17:30 - 18:10 - CYC	
18:00	B.BALANCE 18:30 - 19:10 - Estudio Principal	CYCLING VIRTUAL 18:30 - 19:10 - CYC	B.BALANCE 18:30 - 19:10 - Estudio Principal	CYCLING VIRTUAL 18:30 - 19:10 - CYC	CYCLING VIRTUAL 18:30 - 19:10 - CYC	CYCLING VIRTUAL 18:30 - 19:10 - CYC	
	CYCLING VIRTUAL 18:30 - 19:10 - CYC	ZUMBA 18:30 - 19:10 - Estudio Principal	CYCLING VIRTUAL 18:30 - 19:10 - CYC				
19:00	CYCLING 19:30 - 20:10 - CYC	B.PUMP 19:30 - 20:10 - Estudio Principal	B.COMBAT 19:30 - 20:10 - Estudio Principal	CYCLING 19:30 - 20:10 - CYC	B.PUMP 19:00 - 19:40 - Estudio Principal		
	ZUMBA 19:30 - 20:10 - Estudio Principal	CYCLING 19:30 - 20:10 - CYC	CYCLING 19:30 - 20:10 - CYC	ZUMBA 19:30 - 20:10 - Estudio Principal			
20:00	B.PUMP 20:30 - 21:10 - Estudio Principal	B.COMBAT 20:30 - 21:10 - Estudio Principal	B.PUMP 20:30 - 21:10 - Estudio Principal	B.PUMP 20:30 - 21:10 - Estudio Principal	CYCLING 20:00 - 20:40 - CYC		
	CYCLING 20:30 - 21:10 - CYC	CYCLING 20:30 - 21:10 - CYC	CYCLING VIRTUAL 20:30 - 21:10 - CYC	CYCLING VIRTUAL 20:30 - 21:10 - CYC			
21:00	CYCLING VIRTUAL 21:30 - 22:10 - CYC	CYCLING VIRTUAL 21:30 - 22:10 - CYC	CYCLING VIRTUAL 21:30 - 22:10 - CYC	CYCLING VIRTUAL 21:30 - 22:10 - CYC	CYCLING VIRTUAL 21:30 - 22:10 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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