

Horario de actividades dirigidas

Centro

Horario Completo



| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--|--|--|--|--|--|--|
| 07:00 | CYCLING VIRTUAL 07:30 - 08:15 - Estudio | CYCLING VIRTUAL 07:30 - 08:15 - Estudio | CYCLING VIRTUAL 07:30 - 08:15 - Estudio | CYCLING VIRTUAL 07:30 - 08:15 - Estudio | CYCLING VIRTUAL 07:30 - 08:15 - Estudio | | |
| 08:00 | CYCLING VIRTUAL 08:30 - 09:15 - Estudio | CYCLING VIRTUAL 08:30 - 09:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 08:30 - 09:15 - Estudio | CYCLING VIRTUAL 08:30 - 09:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 08:30 - 09:15 - Estudio <small>Principal</small> | | |
| | YOGA 08:30 - 09:15 - Estudio | | YOGA 08:30 - 09:15 - Estudio | | | | |
| 09:00 | CYCLING 09:30 - 10:15 - CYC | ESPALDA SANA 09:00 - 09:30 - Estudio | CYCLING 09:30 - 10:15 - CYC | ESPALDA SANA 09:00 - 09:30 - Estudio | CYCLING 09:30 - 10:15 - CYC | CYCLING VIRTUAL 09:30 - 10:15 - CYC | CYCLING VIRTUAL 09:30 - 10:15 - CYC |
| | ZUMBA 09:30 - 10:15 - Estudio | FUNCTIONAL 09:30 - 10:15 - Estudio | ZUMBA 09:30 - 10:15 - Estudio | FUNCTIONAL 09:30 - 10:15 - Estudio | | | |
| 10:00 | B.PUMP 10:30 - 11:15 - Estudio | CYCLING 10:30 - 11:15 - Estudio | B.PUMP 10:30 - 11:15 - Estudio | CYCLING 10:30 - 11:15 - Estudio | B.PUMP 10:30 - 11:15 - Estudio | CYCLING VIRTUAL 10:30 - 11:15 - CYC | CYCLING VIRTUAL 10:30 - 11:15 - CYC |
| | CYCLING VIRTUAL 10:30 - 11:15 - Estudio | PILATES 10:30 - 11:15 - Estudio | CYCLING VIRTUAL 10:30 - 11:15 - Estudio | PILATES 10:30 - 11:15 - Estudio | CYCLING VIRTUAL 10:30 - 11:15 - Estudio | | |
| 11:00 | CYCLING VIRTUAL 11:30 - 12:15 - Estudio | CYCLING VIRTUAL 11:30 - 12:15 - Estudio | CYCLING VIRTUAL 11:30 - 12:15 - Estudio | CYCLING VIRTUAL 11:30 - 12:15 - Estudio | CYCLING VIRTUAL 11:30 - 12:15 - Estudio | CYCLING VIRTUAL 11:30 - 12:15 - CYC | CYCLING VIRTUAL 11:30 - 12:15 - CYC |
| 12:00 | CYCLING VIRTUAL 12:30 - 13:15 - Estudio | CYCLING VIRTUAL 12:30 - 13:15 - Estudio | CYCLING VIRTUAL 12:30 - 13:15 - Estudio | CYCLING VIRTUAL 12:30 - 13:15 - Estudio | CYCLING VIRTUAL 12:30 - 13:15 - Estudio | CYCLING VIRTUAL 12:30 - 13:15 - CYC | CYCLING VIRTUAL 12:30 - 13:15 - CYC |
| 13:00 | CYCLING VIRTUAL 13:30 - 14:15 - Estudio | CYCLING VIRTUAL 13:30 - 14:15 - Estudio | CYCLING VIRTUAL 13:30 - 14:15 - Estudio | CYCLING VIRTUAL 13:30 - 14:15 - Estudio | CYCLING VIRTUAL 13:30 - 14:15 - Estudio | CYCLING VIRTUAL 13:30 - 14:15 - CYC | |
| 14:00 | CYCLING VIRTUAL 14:30 - 15:15 - Estudio <small>Principal</small> | CYCLING 14:30 - 15:15 - CYC | B.PUMP 14:30 - 15:15 - Estudio | CYCLING VIRTUAL 14:30 - 15:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 14:30 - 15:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 14:30 - 15:15 - CYC | |
| 15:00 | CYCLING VIRTUAL 15:30 - 16:15 - Estudio | CYCLING VIRTUAL 15:30 - 16:15 - Estudio | CYCLING VIRTUAL 15:30 - 16:15 - Estudio | CYCLING VIRTUAL 15:30 - 16:15 - Estudio | CYCLING VIRTUAL 15:30 - 16:15 - Estudio | CYCLING VIRTUAL 15:30 - 16:15 - CYC | |
| 16:00 | CYCLING VIRTUAL 16:30 - 17:15 - Estudio | CYCLING VIRTUAL 16:30 - 17:15 - Estudio | CYCLING VIRTUAL 16:30 - 17:15 - Estudio | CYCLING VIRTUAL 16:30 - 17:15 - Estudio | CYCLING VIRTUAL 16:30 - 17:15 - Estudio | CYCLING VIRTUAL 16:30 - 17:15 - CYC | |
| 17:00 | CYCLING VIRTUAL 17:30 - 18:15 - Estudio | CYCLING VIRTUAL 17:30 - 18:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 17:30 - 18:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 17:30 - 18:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 17:30 - 18:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 17:30 - 18:15 - CYC | |
| | FUNCTIONAL 17:30 - 18:15 - Estudio | | | | | | |
| 18:00 | CYCLING VIRTUAL 18:30 - 19:15 - Estudio | ZUMBA 18:00 - 18:45 - Estudio | ABDOMINALES 18:00 - 18:15 - Estudio | ZUMBA 18:00 - 18:45 - Estudio | CYCLING VIRTUAL 18:30 - 19:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 18:30 - 19:15 - CYC | |
| | PILATES 18:30 - 19:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 18:30 - 19:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 18:30 - 19:15 - Estudio <small>Principal</small> | CYCLING VIRTUAL 18:30 - 19:15 - Estudio <small>Principal</small> | | | |
| | | | PILATES 18:30 - 19:15 - Estudio | | | | |
| 19:00 | CYCLING 19:30 - 20:15 - CYC | ABDOMINALES 19:00 - 19:15 - Estudio | B.COMBAT 19:30 - 20:15 - Estudio | ABDOMINALES 19:00 - 19:15 - Estudio | B.PUMP 19:00 - 19:45 - Estudio <small>Principal</small> | | |
| | ZUMBA 19:30 - 20:15 - Estudio <small>Principal</small> | B.PUMP 19:30 - 20:15 - Estudio | CYCLING 19:30 - 20:15 - CYC | FUNCTIONAL 19:30 - 20:15 - Estudio <small>Principal</small> | | | |
| | | CYCLING 19:30 - 20:15 - CYC | CYCLING 19:30 - 20:15 - CYC | | | | |
| 20:00 | B.PUMP 20:30 - 21:15 - Estudio | B.COMBAT 20:30 - 21:15 - Estudio | B.PUMP 20:30 - 21:15 - Estudio | B.PUMP 20:30 - 21:15 - Estudio | CYCLING 20:00 - 20:45 - CYC | | |
| | CYCLING 20:30 - 21:15 - CYC | CYCLING 20:30 - 21:15 - CYC | CYCLING 20:30 - 21:15 - CYC | CYCLING 20:30 - 21:15 - CYC | | | |
| 21:00 | CYCLING VIRTUAL 21:30 - 22:15 - CYC | CYCLING VIRTUAL 21:30 - 22:15 - CYC | CYCLING VIRTUAL 21:30 - 22:15 - CYC | CYCLING VIRTUAL 21:30 - 22:15 - CYC | CYCLING VIRTUAL 21:30 - 22:15 - Estudio <small>Principal</small> | | |