

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	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC		
	PILATES 09:30 - 10:15 - ST2	GIMNASIA SUAVE 09:30 - 10:15 - ST2	PILATES 09:30 - 10:15 - ST2	GIMNASIA SUAVE 09:30 - 10:15 - ST2	TONE 09:30 - 10:15 - ST2		
10:00	B.PUMP 10:30 - 11:15 - ST2	CYCLING 10:30 - 11:15 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - ST1	B.PUMP 10:30 - 11:15 - ST2	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	CYCLING VIRTUAL 10:30 - 11:15 - CYC		GAP 10:30 - 11:15 - ST2		CYCLING VIRTUAL 10:30 - 11:15 - CYC		
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:15 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:15 - ST2	
	GAP 11:30 - 12:15 - ST2	PILATES 11:30 - 12:15 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ZUMBA 11:30 - 12:15 - ST2	PILATES 11:30 - 12:15 - ST2		
12:00	B.BALANCE 12:30 - 13:15 - ST2	B.PUMP 12:30 - 13:15 - ST2	B.COMBAT 12:30 - 13:15 - ST2	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				
14:00	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	CYCLING VIRTUAL 14:30 - 15:15 - 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		
17:00	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		
18:00	STEP 18:00 - 18:45 - ST2	B.PUMP 18:00 - 18:45 - ST2	PILATES 18:00 - 18:45 - ST2	GAP 18:00 - 18:45 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
	CYCLING 18:30 - 19:15 - ST1	CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC			
19:00	PILATES 19:00 - 19:45 - ST2	B.BALANCE 19:00 - 19:45 - ST2	B.COMBAT 19:00 - 19:45 - ST2	YOGA 19:00 - 19:45 - ST2	B.PUMP 19:00 - 19:45 - ST2		
	CYCLING VIRTUAL 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - ST1		CYCLING VIRTUAL 19:30 - 20:15 - CYC			
20:00	B.PUMP 20:00 - 20:45 - ST2	B.COMBAT 20:00 - 20:45 - ST2	CYCLING 20:00 - 20:45 - ST1	B.COMBAT 20:00 - 20:45 - ST2	CYCLING 20:00 - 20:45 - ST1		
	CYCLING 20:30 - 21:15 - ST1	CYCLING VIRTUAL 20:30 - 21:15 - CYC					
21:00	B.COMBAT 21:00 - 21:45 - ST2	ZUMBA 21:00 - 21:45 - ST2	B.PUMP 21:00 - 21:45 - ST2	CYCLING 21:00 - 21:45 - ST1			
	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC				