

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:15 - 07:55 - CYC		CYCLING VIRTUAL 07:15 - 07:55 - CYC		CYCLING VIRTUAL 07:15 - 07:55 - CYC		
08:00		CYCLING VIRTUAL 08:30 - 09:10 - CYC	ESPALDA SANA 08:30 - 09:15 - ST2	CYCLING VIRTUAL 08:30 - 09:10 - CYC	ABDOMINALES 08:30 - 08:50 - ST1		
09:00	CYCLING 09:30 - 10:15 - CYC	ESTIRAMIENTOS 09:30 - 10:15 - ST2	CYCLING 09:30 - 10:15 - CYC		CYCLING 09:30 - 10:15 - CYC		
10:00	B.PUMP 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING 10:30 - 11:15 - CYC	ABDOMINALES 10:30 - 10:50 - ST1 B.PUMP 10:30 - 11:15 - ST2	ABDOMINALES 10:00 - 10:20 - ST1 CYCLING 10:30 - 11:15 - CYC STEP FUNCIONAL 10:30 - 11:15 - ST2	B.PUMP 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC
11:00	YOGA 11:30 - 12:15 - ST1	B.COMBAT 11:30 - 12:15 - ST2			B.COMBAT 11:30 - 12:15 - ST2		
14:00		CYCLING VIRTUAL 14:30 - 15:10 - CYC		CYCLING VIRTUAL 14:30 - 15:10 - CYC			
18:00	CROSSTRAINING 18:00 - 18:45 - ST2 CYCLING VIRTUAL 18:30 - 19:10 - CYC	ABDOMINALES 18:00 - 18:20 - ST1 YOGA 18:00 - 18:45 - ST1 CYCLING 18:30 - 19:15 - CYC	PILATES 18:00 - 18:45 - ST2	GAP 18:00 - 18:40 - ST2 YOGA 18:00 - 18:45 - ST1 CYCLING VIRTUAL 18:30 - 19:10 - CYC	CYCLING 18:00 - 18:40 - CYC		
19:00	ABDOMINALES 19:00 - 19:20 - ST1 PILATES 19:00 - 19:45 - ST2 CYCLING 19:30 - 20:15 - CYC	GAP 19:30 - 20:10 - ST2	B.PUMP 19:00 - 19:40 - ST2 CYCLING VIRTUAL 19:30 - 20:10 - CYC	CROSSTRAINING 19:00 - 19:45 - ST2	B.PUMP 19:00 - 19:40 - ST2 CYCLING VIRTUAL 19:00 - 19:40 - CYC		
20:00	B.PUMP 20:00 - 20:45 - ST2 ZUMBA 20:00 - 20:40 - ST1 CYCLING 20:30 - 21:15 - CYC	ZUMBA 20:00 - 20:40 - ST1 B.PUMP 20:30 - 21:15 - ST2 CYCLING 20:30 - 21:15 - CYC	ZUMBA 20:00 - 20:40 - ST1 CYCLING 20:30 - 21:15 - CYC	B.PUMP 20:00 - 20:45 - ST2 CYCLING 20:30 - 21:15 - CYC			
21:00	B.COMBAT 21:00 - 21:45 - ST2						