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 PILATES 09:30 - 10:15 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC GIMNASIA SUAVE 09:30 - 10:15 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:15 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC GIMNASIA SUAVE 09:30 - 10:15 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC TONE 09:30 - 10:15 - ST2		
10:00	B.PUMP 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC GAP 10:30 - 11:15 - ST2	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
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC GAP 11:30 - 12:15 - ST2	B.BALANCE 11:30 - 12:15 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:15 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.COMBAT 11:30 - 12:15 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC PILATES 11:30 - 12:15 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	
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
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	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	
17:00	CYCLING 17:00 - 17:40 - ST1	B.PUMP 17:00 - 17:40 - ST2	CYCLING 17:00 - 17:40 - ST1	B.PUMP 17:00 - 17:40 - ST2			

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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