

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		
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		
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	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
		GIMNASIA SUAVE 09:30 - 10:20 - ST2	PILATES 09:30 - 10:20 - ST2	GIMNASIA SUAVE 09:30 - 10:20 - ST2	TONE 09:30 - 10:20 - ST2		
		GIMNASIA SUAVE 09:30 - 10:20 - ST2 LIVE	PILATES LIVE 09:30 - 10:20 - ST2	GIMNASIA SUAVE 09:30 - 10:20 - ST2 LIVE	TONE LIVE 09:30 - 10:20 - ST2		
10:00	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:20 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:20 - CYC	B.PUMP 10:30 - 11:20 - ST2	B.PUMP 10:30 - 11:20 - ST2	CYCLING VIRTUAL 10:30 - 11:15 - CYC
			GAP 10:30 - 11:20 - ST2		BODYPUMP LIVE 10:30 - 11:20 - ST2	BODYPUMP LIVE 10:30 - 11:20 - ST2	
			GAP LIVE 10:30 - 11:20 - ST2		CYCLING VIRTUAL 10:30 - 11:15 - CYC	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 - 12:20 - ST2	B.COMBAT 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
		YOGA 11:30 - 12:20 - ST2	BODYPUMP LIVE 11:30 - 12:20 - ST2	BODYCOMBAT LIVE 11:30 - 12:20 - ST2	PILATES 11:30 - 12:20 - ST2		
		YOGA LIVE 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	PILATES LIVE 11:30 - 12:20 - ST2		
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
13:00			CYCLING VIRTUAL 13:30 - 14:15 - CYC			CYCLING VIRTUAL 13:30 - 14:15 - CYC	
14:00		CYCLING 14:15 - 15:05 - CYC	HIIT 14:15 - 15:00 - ST1	CYCLING 14:15 - 15:05 - CYC	CYCLING 14:15 - 15:05 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
			CYCLING VIRTUAL 14:30 - 15:15 - CYC				
15:00		CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	
16:00		ABDOMINALES 16:30 - 16:55 - ST1	ABDOMINALES 16:30 - 16:55 - ST1	ABDOMINALES 16:30 - 16:55 - ST1	ABDOMINALES 16:30 - 16:55 - ST1	CYCLING VIRTUAL 16:30 - 17:15 - CYC	
		B.PUMP 17:00 - 17:45 - ST2	CYCLING 17:00 - 17:45 - CYC	B.PUMP 17:00 - 17:45 - ST2	CYCLING VIRTUAL 17:00 - 17:45 - CYC		
17:00		BODYPUMP LIVE 17:00 - 17:45 - ST2		BODYPUMP LIVE 17:00 - 17:45 - ST2	HIIT 17:00 - 17:45 - ST1		
		CYCLING VIRTUAL 17:00 - 17:45 - CYC		CYCLING VIRTUAL 17:00 - 17:45 - CYC			
19:00		ZUMBA LIVE 19:00 - 19:50 - ST2	BODYCOMBAT LIVE 19:00 - 19:50 - ST2	BODYATTACK LIVE 19:00 - 19:50 - ST2	BODYBALANCE LIVE 19:00 - 19:50 - ST2		

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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