

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC		
08:00	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC		
09:00	B.PUMP 09:30 - 10:15 - ST2	AQUA GYM 09:30 - 09:55 - Piscina	CYCLING VIRTUAL 09:30 - 10:15 - CYC	AQUA GYM 09:30 - 09:55 - Piscina	B.PUMP 09:30 - 10:15 - ST2	CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC
	BODYPUMP LIVE 09:30 - 10:15 - ST2	B.COMBAT 09:30 - 10:15 - ST2		B.COMBAT 09:30 - 10:15 - ST2	BODYPUMP LIVE 09:30 - 10:15 - ST2		
	CYCLING VIRTUAL 09:30 - 10:10 - CYC	BODYCOMBAT LIVE 09:30 - 10:15 - ST2		BODYCOMBAT LIVE 09:30 - 10:15 - ST2	CYCLING VIRTUAL 09:30 - 10:10 - CYC		
10:00	AQUA GYM 10:00 - 10:45 - Piscina	B.PUMP 30 10:30 - 10:55 - ST2	AQUA GYM 10:00 - 10:45 - Piscina	B.PUMP 10:30 - 11:15 - ST2	AQUA GYM 10:00 - 10:45 - Piscina	AQUA HIIT 10:00 - 10:25 - Piscina	AQUA HIIT 10:30 - 10:55 - Piscina
	CYCLING VIRTUAL 10:30 - 11:10 - CYC	BODYPUMP LIVE 10:30 - 11:00 - ST2	CYCLING 10:30 - 11:15 - CYC	BODYPUMP LIVE 10:30 - 11:15 - ST2	B.COMBAT 10:30 - 11:15 - ST2	B.PUMP 10:30 - 11:15 - ST2	CYCLING VIRTUAL 10:30 - 11:10 - CYC
	ZUMBA 10:30 - 11:15 - ST2	CYCLING VIRTUAL 10:30 - 11:10 - CYC	HIIT 10:30 - 10:55 - ST2	CYCLING VIRTUAL 10:30 - 11:10 - CYC	BODYCOMBAT LIVE 10:30 - 11:15 - ST2	BODYPUMP LIVE 10:30 - 11:15 - ST2	
	ZUMBA LIVE 10:30 - 11:15 - ST2				CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC	
11:00	AQUA HIIT 11:00 - 11:25 - Piscina	AQUA PILATES 11:00 - 11:45 - Piscina	AQUA HIIT 11:00 - 11:25 - Piscina	AQUA PILATES 11:00 - 11:45 - Piscina	CYCLING VIRTUAL 11:30 - 12:10 - CYC	AQUA GYM 11:30 - 12:15 - Piscina	AQUA GYM 11:00 - 11:45 - Piscina
	CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC	YOGA 11:00 - 11:45 - ST2	CYCLING VIRTUAL 11:30 - 12:10 - CYC	ZUMBA 11:30 - 11:55 - ST2	CYCLING 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC
	YOGA 11:30 - 12:15 - ST2	ZUMBA 11:30 - 12:15 - ST2	YOGA LIVE 11:00 - 11:45 - ST2		ZUMBA LIVE 11:30 - 12:00 - ST2		
	YOGA LIVE 11:30 - 12:15 - ST2	ZUMBA LIVE 11:30 - 12:15 - ST2	CYCLING VIRTUAL 11:30 - 12:10 - CYC				
12:00	AQUA GYM 12:30 - 13:15 - Piscina	AQUA GYM 12:00 - 12:45 - Piscina	AQUA GYM 12:30 - 13:15 - Piscina	AQUA GYM 12:00 - 12:45 - Piscina	ABDOMINALES 12:00 - 12:25 - ST1	AQUA GYM 12:30 - 13:15 - Piscina	AQUA GYM 12:00 - 12:45 - Piscina
	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:30 - 13:15 - Piscina	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC
13:00	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	
14:00	AQUA HIIT 14:30 - 14:55 - Piscina	AQUA HIIT 14:30 - 14:55 - Piscina	AQUA HIIT 14:30 - 14:55 - Piscina	AQUA HIIT 14:30 - 14:55 - Piscina	AQUA GYM 14:15 - 15:00 - Piscina	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC		
15:00	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	
16:00	CYCLING VIRTUAL 16:30 - 17:15 - ST2	CYCLING VIRTUAL 16:30 - 16:55 - 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 - ST2	CYCLING VIRTUAL 17:30 - 17:55 - 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	

Presencial Online Acuáticas Virtuales

Lowfit se reserva el derecho de cualquier modificación en el horario por motivos externos.

Toda la Información en nuestra web

www.lowfit.com

Lowfit en las Redes sociales



Horario de actividades dirigidas

Centro



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	ABDOMINALES 18:00 - 18:25 - ST1 B.PUMP 18:00 - 18:45 - ST2 BODYPUMP LIVE 18:00 - 18:45 - ST2 AQUA GYM 18:15 - 19:00 - Piscina	ZUMBA 18:00 - 18:45 - ST2 ZUMBA LIVE 18:00 - 18:45 - ST2 ABDOMINALES 18:30 - 18:55 - ST1	PILATES 18:00 - 18:45 - ST2 PILATES LIVE 18:00 - 18:45 - ST2 AQUA GYM 18:15 - 19:00 - Piscina	ABDOMINALES 18:00 - 18:25 - ST1 ZUMBA 18:00 - 18:45 - ST2 ZUMBA LIVE 18:00 - 18:45 - ST2	B.PUMP 18:00 - 18:45 - ST2 BODYPUMP LIVE 18:00 - 18:45 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	CYCLING 19:00 - 19:45 - CYC YOGA 19:00 - 19:45 - ST2 YOGA LIVE 19:00 - 19:45 - ST2	AQUA GYM 19:00 - 19:45 - Piscina CYCLING 19:00 - 19:45 - CYC YOGA 19:00 - 19:45 - ST2 YOGA LIVE 19:00 - 19:45 - ST2	ATTACK 19:00 - 19:45 - ST2 BODYATTACK LIVE 19:00 - 19:45 - ST2 CYCLING 19:00 - 19:45 - CYC	AQUA GYM 19:00 - 19:45 - Piscina CYCLING 19:00 - 19:45 - CYC HIIT 19:00 - 19:25 - ST2	CYCLING 19:00 - 19:45 - CYC HIIT 19:00 - 19:25 - ST2		
20:00	AQUAZUMBA 20:00 - 20:45 - Piscina B.COMBAT 20:00 - 20:45 - ST2 BODYCOMBAT LIVE 20:00 - 20:45 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - ST2	B.PUMP 20:00 - 20:45 - ST2 BODYPUMP LIVE 20:00 - 20:45 - ST2 CYCLING VIRTUAL 20:30 - 20:55 - CYC	AQUAZUMBA 20:00 - 20:45 - Piscina B.PUMP 20:00 - 20:45 - ST2 BODYPUMP LIVE 20:00 - 20:45 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC	B.COMBAT 20:00 - 20:45 - ST2 BODYCOMBAT LIVE 20:00 - 20:45 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC	ABDOMINALES 20:00 - 20:25 - ST1 AQUA GYM 20:00 - 20:45 - Piscina CYCLING VIRTUAL 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 - CYC		

Presencial Online Acuáticas Virtuales

Lowfit se reserva el derecho de cualquier modificación en el horario por motivos externos.

Toda la Información en nuestra web
www.lowfit.com

Lowfit en las Redes sociales

