# 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 | B.PUMP 09:30 - 10:15 - ST2<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC<br>PILATES 09:30 - 10:15 - ST1 | B.BALANCE 09:30 - 10:15 - ST2<br>BODYBALANCE LIVE 09:30 - 10:15 - ST2<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC | CYCLING VIRTUAL 09:30 - 10:15 - CYC<br>PILATES 09:30 - 10:15 - ST1<br>ZUMBA 09:30 - 10:15 - ST2 | B.BALANCE 09:30 - 10:15 - ST2<br>BODYBALANCE LIVE 09:30 - 10:15 - ST2<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC | B.PUMP 09:30 - 10:15 - ST2<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC | CYCLING VIRTUAL 09:30 - 10:15 - CYC | CYCLING VIRTUAL 09:30 - 10:15 - CYC |
| 10:00 | CYCLING 10:30 - 11:15 - CYC<br>YOGA 10:30 - 11:15 - ST1 | MANTENTE EN FORMA 10:30 - 11:15 - ST2 | CYCLING 10:30 - 11:15 - CYC<br>YOGA 10:30 - 11:15 - ST1 | MANTENTE EN FORMA 10:30 - 11:15 - ST2 | CYCLING 10:30 - 11:15 - CYC | CYCLING 10:30 - 11:15 - CYC | CYCLING VIRTUAL 10:30 - 11:15 - CYC |
| 11:00 | CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>ZUMBA 11:30 - 12:15 - ST2 | B.COMBAT 11:30 - 12:15 - ST2<br>BODYCOMBAT LIVE 11:30 - 12:15 - ST2<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC | B.PUMP 11:30 - 12:15 - ST2<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC | B.COMBAT 11:30 - 12:15 - ST2<br>BODYCOMBAT LIVE 11:30 - 12:15 - ST2<br>CYCLING VIRTUAL 11:30 - 12:10 - CYC | CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>ZUMBA 11:30 - 12:15 - ST2<br>ZUMBA LIVE 11:30 - 12:15 - ST2 | B.PUMP 11:30 - 12:15 - ST2<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC | 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<br>ZUMBA 12:30 - 13:15 - ST2 | CYCLING VIRTUAL 12:30 - 13:15 - CYC |
| 13:00 | CYCLING VIRTUAL 13:30 - 14:15 - CYC | CYCLING VIRTUAL 13:30 - 14:15 - CYC | CYCLING VIRTUAL 13:30 - 14:15 - CYC | CYCLING VIRTUAL 13:30 - 14:15 - CYC | CYCLING VIRTUAL 13:30 - 14:15 - CYC | CYCLING VIRTUAL 13:30 - 14:15 - 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 | |
| 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 | CYCLING VIRTUAL 15:30 - 16:15 - 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 | CYCLING VIRTUAL 16:30 - 17:15 - CYC | |
| 17:00 | CYCLING VIRTUAL 17:30 - 18:15 - CYC<br>FUNCTIONAL 17:30 - 17:55 - FUN | CYCLING VIRTUAL 17:30 - 18:15 - CYC<br>FIT BOXING 17:30 - 17:55 - FUN | CYCLING VIRTUAL 17:30 - 18:15 - CYC<br>FUNCTIONAL 17:30 - 17:55 - FUN | CYCLING VIRTUAL 17:30 - 18:15 - CYC | CYCLING VIRTUAL 17:30 - 18:15 - CYC | CYCLING VIRTUAL 17:30 - 18:15 - CYC | |
| 18:00 | MANTENTE EN FORMA 18:00 - 18:45 - ST2<br>CYCLING VIRTUAL 18:30 - 19:15 - CYC | PILATES 18:00 - 18:45 - ST2<br>PILATES LIVE 18:00 - 18:45 - ST2<br>CYCLING VIRTUAL 18:30 - 19:15 - CYC | MANTENTE EN FORMA 18:00 - 18:45 - ST2<br>CYCLING VIRTUAL 18:30 - 19:15 - CYC | PILATES 18:00 - 18:45 - ST2<br>PILATES LIVE 18:00 - 18:45 - ST2<br>CYCLING VIRTUAL 18:30 - 19:15 - CYC | CYCLING VIRTUAL 18:30 - 19:15 - CYC | CYCLING VIRTUAL 18:30 - 19:15 - CYC | |
| 19:00 | ZUMBA 19:00 - 19:45 - ST2<br>ZUMBA LIVE 19:00 - 19:45 - ST2<br>CYCLING VIRTUAL 19:30 - 20:15 - CYC | B.COMBAT 19:00 - 19:45 - ST2<br>BODYCOMBAT LIVE 19:00 - 19:45 - ST2<br>CYCLING VIRTUAL 19:30 - 20:15 - CYC | ZUMBA 19:00 - 19:45 - ST2<br>ZUMBA LIVE 19:00 - 19:45 - ST2<br>CYCLING VIRTUAL 19:30 - 20:15 - CYC | B.COMBAT 19:00 - 19:45 - ST2<br>BODYCOMBAT LIVE 19:00 - 19:45 - ST2<br>CYCLING VIRTUAL 19:30 - 20:15 - CYC | B.PUMP 19:00 - 19:45 - ST2<br>CYCLING VIRTUAL 19:30 - 20:15 - CYC | | |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|---|
| 20:00 | B.PUMP<br>20:00 - 20:45 - ST2<br>CYCLING VIRTUAL<br>20:30 - 21:15 - CYC | GAP<br>20:00 - 20:25 - ST1<br>ZUMBA<br>20:00 - 20:45 - ST2<br>ZUMBA LIVE<br>20:00 - 20:45 - ST2<br>CYCLING VIRTUAL<br>20:30 - 21:15 - CYC | B.BALANCE<br>20:00 - 20:45 - ST2<br>BODYBALANCE LIVE<br>20:00 - 20:45 - ST2<br>CYCLING VIRTUAL<br>20:30 - 21:15 - CYC | GAP<br>20:00 - 20:25 - ST2<br>GAP LIVE<br>20:00 - 20:25 - ST2<br>CYCLING<br>20:30 - 21:15 - CYC | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC | | |

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