

# Horario de actividades dirigidas

Centro

Horario Completo



| HORA  | LUNES                                  | MARTES                                        | MIÉRCOLES                              | JUEVES                                        | VIERNES                                | SÁBADO                                 | DOMINGO                                |
|-------|----------------------------------------|-----------------------------------------------|----------------------------------------|-----------------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|
| 07:00 | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC        |                                        | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC        | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC |                                        |                                        |
| 08:00 | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC        |                                        | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC        | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC |                                        |                                        |
| 09:00 | PILATES<br>09:30 - 10:20 - ST2         | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC        | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC        | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC |
|       | PILATES LIVE<br>09:30 - 10:20 - ST2    | GIMNASIA SUAVE<br>09:30 - 10:20 - ST2         |                                        | GIMNASIA SUAVE<br>09:30 - 10:20 - ST2         | TONE<br>09:30 - 10:20 - ST2            |                                        |                                        |
|       | CYCLING VIRTUAL<br>09:39 - 10:24 - CYC | GIMNASIA SUAVE<br>09:30 - 10:20 - ST2<br>LIVE |                                        | GIMNASIA SUAVE<br>09:30 - 10:20 - ST2<br>LIVE | TONE LIVE<br>09:30 - 10:20 - ST2       |                                        |                                        |
| 10:00 | B.PUMP<br>10:30 - 11:20 - ST2          | CYCLING<br>10:30 - 11:15 - ST2                | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC | CYCLING<br>10:30 - 11:15 - CYC                | B.PUMP<br>10:30 - 11:20 - ST2          | B.PUMP<br>10:30 - 11:20 - ST2          | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC |
|       | BODYPUMP LIVE<br>10:30 - 11:20 - ST2   |                                               |                                        |                                               | BODYPUMP LIVE<br>10:30 - 11:20 - ST2   | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC |
|       | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC |                                               |                                        |                                               | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC |                                        |                                        |
| 11:00 | GAP<br>11:30 - 12:20 - ST2             | YOGA<br>11:30 - 12:20 - ST2                   | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC | GAP<br>11:30 - 12:20 - ST2                    | PILATES<br>11:30 - 12:20 - ST2         | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC |
|       | GAP LIVE<br>11:30 - 12:20 - ST2        | YOGA LIVE<br>11:30 - 12:20 - ST2              |                                        | GAP LIVE<br>11:30 - 12:20 - ST2               | PILATES LIVE<br>11:30 - 12:20 - ST2    |                                        |                                        |
| 12:00 | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC        | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC        | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC |
|       | HIIT<br>12:30 - 13:00 - ST1            | HIIT<br>12:30 - 13:00 - ST1                   |                                        | HIIT<br>12:30 - 13:00 - ST1                   | HIIT<br>12:30 - 13:00 - ST1            |                                        |                                        |
| 13:00 | ABDOMINALES<br>13:00 - 13:30 - ST1     | ABDOMINALES<br>13:00 - 13:30 - ST1            |                                        | ABDOMINALES<br>13:00 - 13:30 - ST1            | ABDOMINALES<br>13:00 - 13:30 - ST1     | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC |                                        |
|       | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC        |                                        | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC        | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC |                                        |                                        |
| 14:00 | CYCLING<br>14:30 - 15:15 - CYC         | ABDOMINALES<br>14:30 - 14:55 - ST1            |                                        | ABDOMINALES<br>14:30 - 14:55 - ST1            | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC |                                        |
|       |                                        | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC        |                                        | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC        |                                        |                                        |                                        |
| 15:00 |                                        | HIIT<br>15:00 - 15:25 - ST1                   |                                        | HIIT<br>15:00 - 15:25 - ST1                   |                                        |                                        |                                        |
| 16:00 | CYCLING VIRTUAL<br>16:30 - 17:20 - CYC | CYCLING VIRTUAL<br>16:30 - 17:20 - CYC        |                                        | CYCLING VIRTUAL<br>16:30 - 17:20 - CYC        | CYCLING VIRTUAL<br>16:30 - 17:20 - ST2 | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC |                                        |
| 17:00 | HIIT<br>17:00 - 17:30 - ST1            | HIIT<br>17:00 - 17:30 - ST1                   |                                        | HIIT<br>17:00 - 17:30 - ST1                   | HIIT<br>17:00 - 17:30 - ST1            | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC |                                        |
|       | ABDOMINALES<br>17:30 - 18:00 - ST1     | ABDOMINALES<br>17:30 - 18:00 - ST1            |                                        | ABDOMINALES<br>17:30 - 18:00 - ST1            | ABDOMINALES<br>17:30 - 18:00 - ST1     |                                        |                                        |
|       | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC        |                                        | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC        | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC |                                        |                                        |
| 18:00 | B.COMBAT<br>18:00 - 18:50 - ST2        | ZUMBA<br>18:00 - 18:45 - ST2                  |                                        | ZUMBA<br>18:00 - 18:45 - ST2                  | PILATES<br>18:00 - 18:50 - ST2         | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC |                                        |
|       | BODYCOMBAT LIVE<br>18:00 - 18:50 - ST2 | CYCLING<br>18:30 - 19:15 - CYC                |                                        | CYCLING<br>18:30 - 19:15 - CYC                | PILATES LIVE<br>18:00 - 18:50 - ST2    |                                        |                                        |
|       | CYCLING<br>18:30 - 19:15 - CYC         |                                               |                                        |                                               | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC |                                        |                                        |
| 19:00 | B.PUMP<br>19:00 - 19:45 - ST2          | B.PUMP<br>19:00 - 19:45 - ST2                 |                                        | B.PUMP<br>19:00 - 19:45 - ST2                 | B.PUMP<br>19:00 - 19:50 - ST2          |                                        |                                        |
|       | BODYPUMP LIVE<br>19:00 - 19:45 - ST2   | BODYPUMP LIVE<br>19:00 - 19:45 - ST2          |                                        | BODYPUMP LIVE<br>19:00 - 19:45 - ST2          | BODYPUMP LIVE<br>19:00 - 19:50 - ST2   |                                        |                                        |

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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