

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	ESPALDA SANA 09:00 - 09:25 - Estudio Principal	ESPALDA SANA 09:00 - 09:25 - Estudio Principal	ESPALDA SANA 09:00 - 09:25 - Estudio Principal	ESPALDA SANA 09:00 - 09:25 - Estudio Principal	ESPALDA SANA 09:00 - 09:25 - Estudio Principal	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
	B.COMBAT 09:30 - 10:15 - Estudio Principal	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:15 - CYC		
	BODYCOMBAT LIVE 09:30 - 10:15 - Estudio Principal	FUNCTIONAL 09:30 - 10:15 - Estudio Principal	ZUMBA 09:30 - 10:15 - Estudio Principal	FUNCTIONAL 09:30 - 10:15 - Estudio Principal	ZUMBA 09:30 - 10:15 - Estudio Principal		
	CYCLING VIRTUAL 09:30 - 10:15 - CYC		ZUMBA LIVE 09:30 - 10:15 - Estudio Principal				
10:00	B.PUMP 10:30 - 11:15 - Estudio Principal	CYCLING 10:30 - 11:15 - CYC	B.PUMP 10:30 - 11:15 - Estudio Principal	CYCLING 10:30 - 11:15 - CYC	B.PUMP 10:30 - 11:15 - Estudio Principal	B.PUMP 10:30 - 11:15 - Estudio Principal	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	BODYPUMP LIVE 10:30 - 11:15 - Estudio Principal	PILATES 10:30 - 11:15 - Estudio Principal	BODYPUMP LIVE 10:30 - 11:15 - Estudio Principal	PILATES 10:30 - 11:15 - Estudio Principal	BODYPUMP LIVE 10:30 - 11:15 - Estudio Principal		
	CYCLING VIRTUAL 10:30 - 11:15 - CYC		CYCLING VIRTUAL 10:30 - 11:15 - CYC		CYCLING VIRTUAL 10:30 - 11:15 - CYC		
11:00	ABDOMINALES 11:30 - 11:45 - Estudio Principal	ABDOMINALES 11:30 - 11:45 - Estudio Principal	ABDOMINALES 11:30 - 11:45 - Estudio Principal	ABDOMINALES 11:30 - 11:45 - Estudio Principal	ABDOMINALES 11:30 - 11:45 - Estudio Principal	CYCLING 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	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	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 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:15 - Estudio Principal	CYCLING 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
			BODYPUMP LIVE 14:30 - 15:16 - Estudio Principal				
			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 17:45 - 18:30 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING 17:45 - 18:30 - Estudio Principal	CYCLING VIRTUAL 17:30 - 18:15 - CYC	
	ZUMBA 17:45 - 18:30 - Estudio Principal	PILATES 17:45 - 18:30 - Estudio Principal	B.PUMP 17:45 - 18:30 - Estudio Principal	B.BALANCE 17:45 - 18:30 - Estudio Principal			
18:00	B.PUMP 18:45 - 19:30 - Estudio Principal	FUNCTIONAL 18:30 - 19:15 - BOX	CYCLING 18:45 - 19:30 - CYC	FUNCTIONAL 18:30 - 19:15 - BOX	B.PUMP 18:45 - 19:30 - Estudio Principal	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
	CYCLING VIRTUAL 18:45 - 19:30 - CYC	B.COMBAT 18:45 - 19:30 - Estudio Principal		B.COMBAT 18:45 - 19:30 - Estudio Principal	CYCLING VIRTUAL 18:45 - 19:30 - CYC		
19:00		ABDOMINALES 19:15 - 19:30 - BOX		ABDOMINALES 19:15 - 19:30 - BOX			

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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