

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

Presencial Online Acuáticas Virtuales

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# Horario de actividades dirigidas

Centro



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

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