

# 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             | 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             | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC   |  |  |
| 09:00 | ESPALDA SANA<br>09:00 - 09:25 - Estudio    | ESPALDA SANA<br>09:00 - 09:25 - Estudio            | ESPALDA SANA<br>09:00 - 09:25 - Estudio  | ESPALDA SANA<br>09:00 - 09:25 - Estudio            | ESPALDA SANA<br>09:00 - 09:25 - Estudio  | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC         | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC |
|       | B.COMBAT<br>09:30 - 10:15 - Estudio        | 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<br>09:30 - 10:15 - Estudio       |  |  |
|       | BODYCOMBAT LIVE<br>09:30 - 10:15 - Estudio | FUNCTIONAL<br>09:30 - 10:15 - Estudio<br>Principal | ZUMBA<br>09:30 - 10:15 - Estudio         | FUNCTIONAL<br>09:30 - 10:15 - Estudio<br>Principal | ZUMBA<br>09:30 - 10:15 - Estudio         |  |  |
|       | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC     |  | ZUMBA LIVE<br>09:30 - 10:15 - Estudio    |  | ZUMBA LIVE<br>09:30 - 10:15 - Estudio    |  |  |
| 10:00 | B.PUMP<br>10:30 - 11:15 - Estudio          | CYCLING<br>10:30 - 11:15 - CYC                     | B.PUMP<br>10:30 - 11:15 - Estudio        | CYCLING<br>10:30 - 11:15 - Estudio                 | B.PUMP<br>10:30 - 11:15 - Estudio        | B.PUMP<br>10:30 - 11:15 - Estudio<br>Principal | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC |
|       | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC     | PILATES<br>10:30 - 11:15 - Estudio                 | BODYPUMP LIVE<br>10:30 - 11:15 - Estudio | PILATES<br>10:30 - 11:15 - Estudio                 | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC   |  |  |
|       |  | PILATES LIVE<br>10:30 - 11:15 - Estudio            | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC   | PILATES LIVE<br>10:30 - 11:15 - Estudio            |  |  |  |
| 11:00 | ABDOMINALES<br>11:30 - 11:45 - Estudio     | ABDOMINALES<br>11:30 - 11:45 - Estudio             | ABDOMINALES<br>11:30 - 11:45 - Estudio   | ABDOMINALES<br>11:30 - 11:45 - Estudio             | ABDOMINALES<br>11:30 - 11:45 - Estudio   | CYCLING<br>11:30 - 12:15 - CYC                 | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC |
|       | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC     | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC             | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC   | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC             | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC   |  |  |
| 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 |
| 13:00 | 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   | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC         |  |
| 14:00 | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC     | CYCLING<br>14:30 - 15:15 - CYC                     | B.PUMP<br>14:30 - 15:15 - Estudio        | CYCLING<br>14:30 - 15:15 - CYC                     |  | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC         |  |
|       |  |  | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC   |  |  |  |  |
| 15:00 | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC     | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC             | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC   | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC             | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC   | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC         |  |
| 16:00 | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC     | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC             | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC   | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC             | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC   | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC         |  |
| 17:00 | 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             | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC   | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC         |  |
| 18:00 | B.PUMP<br>18:30 - 19:15 - Estudio          | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC             | CYCLING<br>18:30 - 19:15 - CYC           | B.BALANCE<br>18:30 - 19:15 - Estudio               | B.PUMP<br>18:30 - 19:15 - Estudio        | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC         |  |
|       | BODYPUMP LIVE<br>18:30 - 19:15 - Estudio   | PILATES<br>18:30 - 19:15 - Estudio                 |  | BODYBALANCE LIVE<br>18:30 - 19:15 - Estudio        | BODYPUMP LIVE<br>18:30 - 19:15 - Estudio |  |  |
|       | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC     | PILATES LIVE<br>18:30 - 19:15 - Estudio            |  | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC             | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC   |  |  |
| 19:00 | CYCLING<br>19:30 - 20:15 - CYC             | FUNCTIONAL<br>19:00 - 19:45 - BOX                  | B.PUMP<br>19:30 - 20:15 - Estudio        | FUNCTIONAL<br>19:00 - 19:45 - BOX                  | CYCLING<br>19:30 - 20:15 - CYC           |  |  |
|       | ZUMBA<br>19:30 - 20:15 - Estudio           | CYCLING<br>19:30 - 20:15 - CYC                     | BODYPUMP LIVE<br>19:30 - 20:15 - Estudio | B.COMBAT<br>19:30 - 20:15 - Estudio                |  |  |  |
|       | ZUMBA LIVE<br>19:30 - 20:15 - Estudio      | ABDOMINALES<br>19:45 - 20:00 - BOX                 | CYCLING VIRTUAL<br>19:30 - 20:15 - CYC   | ABDOMINALES<br>19:45 - 20:00 - BOX                 |  |  |  |
| 20:00 | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC     | B.COMBAT<br>20:30 - 21:15 - Estudio                | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC   | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC             | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC   |  |  |
|       |  | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC             |  |  |  |  |  |

Presencial Online Acuáticas Virtuales

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