

# Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:15 - 08:00 - CYC		CYCLING VIRTUAL 07:15 - 08:00 - CYC		CYCLING VIRTUAL 07:15 - 08:00 - CYC		
08:00	PILATES 08:30 - 09:15 - ST2		ESPALDA SANA 08:30 - 09:15 - ST2	YOGA 08:30 - 09:15 - ST2	ABDOMINALES 08:30 - 08:55 - ST1		
	PILATES LIVE 08:30 - 09:15 - ST2		ESPALDA SANA LIVE 08:30 - 09:15 - ST2	YOGA LIVE 08:30 - 09:15 - ST2			
09:00	CYCLING 09:30 - 10:15 - CYC	ABDOMINALES 09:00 - 09:25 - ST1	CYCLING 09:30 - 10:15 - CYC	ABDOMINALES 09:00 - 09:25 - ST1	CYCLING 09:30 - 10:15 - CYC		
	GAP 09:30 - 10:00 - ST2	CYCLING 09:30 - 10:15 - CYC		CYCLING VIRTUAL 09:30 - 10:15 - CYC			
	GAP LIVE 09:30 - 10:00 - ST2						
10:00	B.PUMP 10:30 - 11:15 - ST2	B.COMBAT 10:30 - 11:15 - ST2	ABDOMINALES 10:30 - 10:55 - ST1	CROSSTRAINING 10:00 - 10:30 - ST1	B.PUMP 10:30 - 11:15 - ST2	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC
	BODYPUMP LIVE 10:30 - 11:15 - ST2	BODYCOMBAT LIVE 10:30 - 11:15 - ST2	B.COMBAT 10:30 - 11:15 - ST2	CYCLING 10:30 - 11:15 - CYC	BODYPUMP LIVE 10:30 - 11:15 - ST2		
	CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	BODYCOMBAT LIVE 10:30 - 11:15 - ST2	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC		
11:00					B.COMBAT 11:30 - 12:15 - ST2		
					BODYCOMBAT LIVE 11:30 - 12:15 - ST2		
14:00	ABDOMINALES 14:30 - 14:55 - ST1	CROSSTRAINING 14:30 - 15:00 - ST1	ABDOMINALES 14:30 - 14:55 - ST1	CYCLING VIRTUAL 14:30 - 15:15 - CYC	ABDOMINALES 14:30 - 14:55 - ST1		
	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC		GAP 14:30 - 15:00 - ST1			
17:00	PILATES 17:00 - 17:45 - ST2	B.PUMP 17:00 - 17:45 - ST2	ABDOMINALES 17:30 - 17:55 - ST1	ABDOMINALES 17:30 - 17:55 - ST1	CYCLING VIRTUAL 17:30 - 18:15 - CYC		
	PILATES LIVE 17:00 - 17:45 - ST2	BODYPUMP LIVE 17:00 - 17:45 - ST2	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					
18:00	ABDOMINALES 18:00 - 18:25 - ST1	ABDOMINALES 18:00 - 18:25 - ST1	ZUMBA 18:00 - 18:45 - ST2	B.PUMP 18:00 - 18:45 - ST2	GAP 18:00 - 18:30 - ST1		
	CYCLING 18:30 - 19:15 - CYC	YOGA 18:00 - 18:45 - ST2	CYCLING 18:30 - 19:15 - CYC	BODYPUMP LIVE 18:00 - 18:45 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC		
		YOGA LIVE 18:00 - 18:45 - ST2					
19:00		CYCLING 18:30 - 19:15 - CYC					
	CYCLING 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - CYC	CROSSTRAINING 19:30 - 20:00 - ST1	CYCLING 19:30 - 20:15 - CYC	CYCLING VIRTUAL 19:30 - 20:15 - CYC		
20:00	ZUMBA 20:00 - 20:45 - ST2	CYCLING VIRTUAL 20:30 - 21:15 - CYC	PILATES 20:00 - 20:45 - ST2	B.COMBAT 20:00 - 20:45 - ST2			
	CROSSTRAINING 20:30 - 21:00 - ST1		PILATES LIVE 20:00 - 20:45 - ST2	BODYCOMBAT LIVE 20:00 - 20:45 - ST2			
	CYCLING VIRTUAL 20:30 - 21:15 - CYC		CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC			

Presencial Online Acuáticas Virtuales

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