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 PILATES LIVE 08:30 - 09:15 - ST2		ESPALDA SANA 08:30 - 09:15 - ST2 ESPALDA SANA LIVE 08:30 - 09:15 - ST2	YOGA 08:30 - 09:15 - ST2 YOGA LIVE 08:30 - 09:15 - ST2	ABDOMINALES 08:30 - 08:55 - ST1		
09:00	CYCLING 09:30 - 10:15 - CYC GAP 09:30 - 10:00 - ST2 GAP LIVE 09:30 - 10:00 - ST2	ABDOMINALES 09:00 - 09:25 - ST1 CYCLING 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:15 - CYC	ABDOMINALES 09:00 - 09:25 - ST1 CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:15 - CYC		
10:00	B.PUMP 10:30 - 11:15 - ST2 BODYPUMP LIVE 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC	B.COMBAT 10:30 - 11:15 - ST2 BODYCOMBAT LIVE 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	ABDOMINALES 10:30 - 10:55 - ST1 B.COMBAT 10:30 - 11:15 - ST2 BODYCOMBAT LIVE 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CROSSTRAINING 10:00 - 10:30 - ST1 CYCLING 10:30 - 11:15 - CYC	B.PUMP 10:30 - 11:15 - ST2 BODYPUMP LIVE 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING 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 CYCLING VIRTUAL 14:30 - 15:15 - CYC	CROSSTRAINING 14:30 - 15:00 - ST1 CYCLING VIRTUAL 14:30 - 15:15 - CYC	ABDOMINALES 14:30 - 14:55 - ST1	CYCLING VIRTUAL 14:30 - 15:15 - CYC GAP 14:30 - 15:00 - ST1	ABDOMINALES 14:30 - 14:55 - ST1		
17:00	PILATES 17:00 - 17:45 - ST2 PILATES LIVE 17:00 - 17:45 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC	B.PUMP 17:00 - 17:45 - ST2 BODYPUMP LIVE 17:00 - 17:45 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC	ABDOMINALES 17:30 - 17:55 - ST1 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 CYCLING 18:30 - 19:15 - CYC	ABDOMINALES 18:00 - 18:25 - ST1 YOGA 18:00 - 18:45 - ST2 YOGA LIVE 18:00 - 18:45 - ST2 CYCLING 18:30 - 19:15 - CYC	ZUMBA 18:00 - 18:45 - ST1 CYCLING 18:30 - 19:15 - CYC	ABDOMINALES 18:00 - 18:25 - ST1 B.PUMP 18:00 - 18:45 - ST2 BODYPUMP LIVE 18:00 - 18:45 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	GAP 18:00 - 18:30 - ST1 CYCLING VIRTUAL 18:30 - 19:15 - CYC		
19:00	CYCLING 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - CYC	CROSSTRAINING 19:30 - 20:00 - ST1 CYCLING VIRTUAL 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - CYC	CYCLING VIRTUAL 19:30 - 20:15 - CYC		
20:00	ZUMBA 20:00 - 20:45 - ST1 CROSSTRAINING 20:30 - 21:00 - ST2 CROSSTRAINING 20:30 - 21:00 - ST2 LIVE CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC	PILATES 20:00 - 20:45 - ST2 PILATES LIVE 20:00 - 20:45 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC	B.COMBAT 20:00 - 20:45 - ST2 BODYCOMBAT LIVE 20:00 - 20:45 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC			

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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