Horario
de actividades dirigidas

Centro — Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC		
08:00	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC		
09:00	B.PUMP 09:30 - 10:15 - ST2 BODYPUMP LIVE 09:30 - 10:15 - ST2 CYCLING VIRTUAL 09:30 - 10:10 - CYC	AQUA GYM 09:30 - 09:55 - Piscina B.COMBAT 09:30 - 10:15 - ST2 BODYCOMBAT LIVE 09:30 - 10:15 - ST2 CYCLING VIRTUAL 09:30 - 10:10 - CYC	TONE 09:30 - 10:15 - ST2 TONE LIVE 09:30 - 10:15 - ST2	AQUA GYM 09:30 - 09:55 - Piscina B.COMBAT 09:30 - 10:15 - ST2 BODYCOMBAT LIVE 09:30 - 10:15 - ST2 CYCLING VIRTUAL 09:30 - 10:10 - CYC	B.PUMP 09:30 - 10:15 - ST2 BODYPUMP LIVE 09:30 - 10:15 - ST2 CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC
10:00	AQUA GYM 10:00 - 10:45 - Piscina CYCLING VIRTUAL 10:30 - 11:10 - CYC ZUMBA 10:30 - 11:15 - ST2 ZUMBA LIVE 10:30 - 11:15 - ST2	B.PUMP 30 10:30 - 10:55 - ST2 BODYPUMP LIVE 10:30 - 11:00 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC	AQUA GYM 10:00 - 10:45 - Piscina CYCLING 10:30 - 11:15 - CYC HIIT 10:30 - 10:55 - ST2	B.PUMP 10:30 - 11:15 - ST2 BODYPUMP LIVE 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC	AQUA GYM 10:00 - 10:45 - Piscina CYCLING VIRTUAL 10:30 - 11:10 - CYC ZUMBA 10:30 - 11:15 - ST2 ZUMBA LIVE 10:30 - 11:15 - ST2 AQUA PILATES 10:45 - 11:30 - Piscina	AQUA HIIT 10:00 - 10:25 - Piscina CYCLING VIRTUAL 10:30 - 11:10 - CYC	AQUA HIIT 10:30 - 10:55 - Piscina CYCLING VIRTUAL 10:30 - 11:10 - CYC
11:00	AQUA HIIT 11:00 - 11:25 - Piscina CYCLING VIRTUAL 11:30 - 12:10 - CYC YOGA 11:30 - 12:15 - ST2 YOGA LIVE 11:30 - 12:15 - ST2	AQUA PILATES 11:00 - 11:45 - Piscina CYCLING VIRTUAL 11:30 - 12:10 - CYC ZUMBA 11:30 - 12:15 - ST2 ZUMBA LIVE 11:30 - 12:15 - ST2	AQUA HIIT 11:00 - 11:25 - Piscina YOGA 11:00 - 11:45 - ST2 YOGA LIVE 11:00 - 11:45 - ST2 CYCLING VIRTUAL 11:30 - 12:10 - CYC	AQUA PILATES 11:00 - 11:45 - Piscina CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC	AQUA GYM 11:30 - 12:15 - Piscina CYCLING VIRTUAL 11:30 - 12:15 - CYC	AQUA GYM 11:00 - 11:45 - Piscina CYCLING VIRTUAL 11:30 - 12:10 - CYC
12:00	AQUA GYM 12:30 - 13:15 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:00 - 12:45 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:30 - 13:15 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:00 - 12:45 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	ABDOMINALES 12:00 - 12:25 - ST1 AQUA GYM 12:30 - 13:15 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:30 - 13:15 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:00 - 12:45 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC
13:00	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	
14:00	AQUA HIIT 14:30 - 14:55 - Piscina CYCLING VIRTUAL 14:30 - 15:10 - CYC	AQUA HIIT 14:30 - 14:55 - Piscina CYCLING VIRTUAL 14:30 - 15:10 - CYC	AQUA HIIT 14:30 - 14:55 - Piscina CYCLING VIRTUAL 14:30 - 15:10 - CYC	AQUA HIIT 14:30 - 14:55 - Piscina CYCLING VIRTUAL 14:30 - 15:10 - CYC	AQUA GYM 14:15 - 15:00 - Piscina CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
15:00	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	
16:00	CYCLING VIRTUAL 16:30 - 17:15 - ST2	CYCLING VIRTUAL 16:30 - 16:55 - 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 - ST2	CYCLING VIRTUAL 17:30 - 17:55 - 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	

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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Horario
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Centro

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	ABDOMINALES 18:00 - 18:25 - ST1 B.PUMP 18:00 - 18:45 - ST2 BODYPUMP LIVE 18:00 - 18:45 - ST2 AQUA GYM 18:15 - 19:00 - Piscina	ZUMBA 18:00 - 18:45 - ST2 ZUMBA LIVE 18:00 - 18:45 - ST2 ABDOMINALES 18:30 - 18:55 - ST1	PILATES 18:00 - 18:45 - ST2 PILATES LIVE 18:00 - 18:45 - ST2 AQUA GYM 18:15 - 19:00 - Piscina	ABDOMINALES 18:00 - 18:25 - ST1 ZUMBA 18:00 - 18:45 - ST2 ZUMBA LIVE 18:00 - 18:45 - ST2	B.PUMP 18:00 - 18:45 - ST2 BODYPUMP LIVE 18:00 - 18:45 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	CYCLING 19:00 - 19:45 - CYC YOGA 19:00 - 19:45 - ST2 YOGA LIVE 19:00 - 19:45 - ST2	AQUA GYM 19:00 - 19:45 - Piscina CYCLING 19:00 - 19:45 - CYC YOGA 19:00 - 19:45 - ST2 YOGA LIVE 19:00 - 19:45 - ST2	ATTACK 19:00 - 19:45 - ST2 BODYATTACK LIVE 19:00 - 19:45 - ST2 CYCLING 19:00 - 19:45 - CYC	AQUA GYM 19:00 - 19:45 - Piscina CYCLING 19:00 - 19:45 - CYC HIIT 19:00 - 19:25 - ST2	CYCLING 19:00 - 19:45 - CYC HIIT 19:00 - 19:25 - ST2		
20:00	B.COMBAT 20:00 - 20:45 - ST2 BODYCOMBAT LIVE 20:00 - 20:45 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - ST2	B.PUMP 20:00 - 20:45 - ST2 BODYPUMP LIVE 20:00 - 20:45 - ST2 CYCLING VIRTUAL 20:30 - 20:55 - CYC	B.PUMP 20:00 - 20:45 - ST2 BODYPUMP 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	ABDOMINALES 20:00 - 20:25 - ST1 AQUA GYM 20:00 - 20:45 - Piscina CYCLING VIRTUAL 20:30 - 21:15 - CYC		
21:00	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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