

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	AQUA HIIT 09:30 - 09:55 - Piscina	AQUA GYM 09:30 - 10:15 - Piscina	AQUA HIIT 09:30 - 09:55 - Piscina	AQUA GYM 09:30 - 10:15 - Piscina	AQUA HIIT 09:30 - 09:55 - Piscina	CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC
	B.PUMP 09:30 - 10:15 - ST2	B.COMBAT 09:30 - 10:15 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC	B.COMBAT 09:30 - 10:15 - ST2	B.PUMP 09:30 - 10:15 - ST2		
	CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC	TONE 09:30 - 10:15 - ST2	CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC		
10:00	CYCLING VIRTUAL 10:30 - 11:10 - CYC	B.PUMP 30 10:30 - 10:55 - ST2	CYCLING 10:30 - 11:15 - CYC	B.PUMP 10:30 - 11:15 - ST2	CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC
	ZUMBA 10:30 - 11:15 - ST2	CYCLING VIRTUAL 10:30 - 11:10 - CYC	HIIT 10:30 - 10:55 - ST2	CYCLING VIRTUAL 10:30 - 11:10 - CYC	ZUMBA 10:30 - 11:15 - ST2		
11:00	CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC	YOGA 11:00 - 11:45 - ST2	CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC	AQUA GYM 11:30 - 12:15 - Piscina	AQUA HIIT 11:00 - 11:25 - Piscina
	YOGA 11:30 - 12:15 - ST2	ZUMBA 11:30 - 12:15 - ST2	CYCLING VIRTUAL 11:30 - 12:10 - CYC			CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC
12:00	AQUA GYM 12:30 - 13:15 - Piscina	AQUA GYM 12:00 - 12:45 - Piscina	AQUA GYM 12:30 - 13:15 - Piscina	AQUA GYM 12:00 - 12:45 - Piscina	ABDOMINALES 12:00 - 12:25 - ST1	AQUA HIIT 12:30 - 12:55 - Piscina	AQUA GYM 12:00 - 12:45 - Piscina
	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:30 - 13:15 - Piscina	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC
					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	AQUA HIIT 14:30 - 14:55 - Piscina	AQUA HIIT 14:30 - 14:55 - Piscina	AQUA HIIT 14:30 - 14:55 - Piscina	AQUA GYM 14:15 - 15:00 - Piscina	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - CYC	CYCLING VIRTUAL 14:30 - 15:10 - 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	
18:00	ABDOMINALES 18:00 - 18:25 - ST1	ZUMBA 18:00 - 18:45 - ST2	PILATES 18:00 - 18:45 - ST2	ABDOMINALES 18:00 - 18:25 - ST1	B.PUMP 18:00 - 18:45 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
	B.PUMP 18:00 - 18:45 - ST2	ABDOMINALES 18:30 - 18:55 - ST1	AQUA GYM 18:30 - 19:15 - Piscina	ZUMBA 18:00 - 18:45 - ST2			
	AQUA GYM 18:30 - 19:15 - Piscina						
19:00	CYCLING 19:00 - 19:45 - CYC	AQUA GYM 19:00 - 19:45 - Piscina	ATTACK 19:00 - 19:45 - ST2	AQUA GYM 19:00 - 19:45 - Piscina	CYCLING 19:00 - 19:45 - CYC		
	YOGA 19:00 - 19:45 - ST2	CYCLING 19:00 - 19:45 - CYC	CYCLING 19:00 - 19:45 - CYC	CYCLING 19:00 - 19:45 - CYC	HIIT 19:00 - 19:25 - ST2		
		YOGA 19:00 - 19:45 - ST2		HIIT 19:00 - 19:25 - ST2			
20:00	B.COMBAT 20:00 - 20:45 - ST2	B.PUMP 20:00 - 20:45 - ST2	B.PUMP 20:00 - 20:45 - ST2	B.COMBAT 20:00 - 20:45 - ST2	ABDOMINALES 20:00 - 20:25 - ST1		
	CYCLING VIRTUAL 20:30 - 21:15 - ST2	CYCLING VIRTUAL 20:30 - 20:55 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC	AQUA GYM 20:00 - 20:45 - Piscina		
					CYCLING VIRTUAL 20:30 - 21:15 - CYC		

de actividades dirigidas

Centro

[illegible]

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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