Horario
de actividades dirigidas

Centro — Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC		
09:00	CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC GIMNASIA SUAVE 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC GIMNASIA SUAVE 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC TONE 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
10:00	B.PUMP 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:20 - CYC	CYCLING VIRTUAL 10:30 - 11:20 - CYC GAP 10:30 - 11:20 - ST2	CYCLING 10:30 - 11:20 - CYC	B.PUMP 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC GAP 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC YOGA 11:30 - 12:20 - ST2	B.PUMP 11:30 - 12:20 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC GAP 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC PILATES 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
12:00	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC
13:00	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	
14:00	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
15:00	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	
16:00	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	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	
17:00	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	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	
18:00	CYCLING 18:30 - 19:20 - CYC	B.PUMP 18:30 - 19:20 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC PILATES 18:30 - 19:20 - ST2	B.PUMP 18:30 - 19:20 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	B.COMBAT 19:30 - 20:20 - ST2 CYCLING VIRTUAL 19:30 - 20:20 - CYC	CYCLING 19:30 - 20:20 - CYC	B.COMBAT 19:30 - 20:20 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:20 - CYC	B.PUMP 19:00 - 19:50 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC		
20:00	B.PUMP 20:30 - 21:20 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC ZUMBA 20:30 - 21:20 - ST2	CYCLING 20:30 - 21:20 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC ZUMBA 20:30 - 21:20 - ST2	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

Lowfit se reserva el derecho de cualquier modificación en el horario por motivos externos.

Toda la Información en nuestra web
www.lowfit.com

Lowfit en las Redes sociales