# 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 | | |
| 08:00 | CYCLING VIRTUAL 08:30 - 09:15 - CYC | CYCLING VIRTUAL 08:30 - 09:15 - CYC | CYCLING VIRTUAL 08:30 - 09:15 - CYC | CYCLING VIRTUAL 08:30 - 09:15 - CYC | CYCLING VIRTUAL 08:30 - 09:15 - CYC | | |
| 09:00 | ESPALDA SANA 09:00 - 09:25 - Estudio<br>B.COMBAT 09:30 - 10:15 - Estudio<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC | ESPALDA SANA 09:00 - 09:25 - Estudio<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC<br>FUNCTIONAL 09:30 - 10:15 - Estudio | ESPALDA SANA 09:00 - 09:25 - Estudio<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC<br>ZUMBA 09:30 - 10:15 - Estudio | ESPALDA SANA 09:00 - 09:25 - Estudio<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC<br>FUNCTIONAL 09:30 - 10:15 - Estudio | ESPALDA SANA 09:00 - 09:25 - Estudio<br>CYCLING 09:30 - 10:15 - Estudio<br>ZUMBA 09:30 - 10:15 - Estudio | CYCLING VIRTUAL 09:30 - 10:15 - CYC | CYCLING VIRTUAL 09:30 - 10:15 - CYC |
| 10:00 | B.PUMP 10:30 - 11:15 - Estudio<br>CYCLING VIRTUAL 10:30 - 11:15 - CYC | CYCLING 10:30 - 11:15 - CYC<br>PILATES 10:30 - 11:15 - Estudio | B.PUMP 10:30 - 11:15 - Estudio<br>CYCLING VIRTUAL 10:30 - 11:15 - CYC | CYCLING 10:30 - 11:15 - Estudio<br>PILATES 10:30 - 11:15 - Estudio | B.PUMP 10:30 - 11:15 - Estudio<br>CYCLING VIRTUAL 10:30 - 11:15 - CYC | B.PUMP 10:30 - 11:15 - Estudio Principal | CYCLING VIRTUAL 10:30 - 11:15 - CYC |
| 11:00 | ABDOMINALES 11:30 - 11:45 - Estudio<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC | ABDOMINALES 11:30 - 11:45 - Estudio<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC | ABDOMINALES 11:30 - 11:45 - Estudio<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC | ABDOMINALES 11:30 - 11:45 - Estudio<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC | ABDOMINALES 11:30 - 11:45 - Estudio<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC | CYCLING 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 14:30 - 15:15 - CYC | B.PUMP 14:30 - 15:15 - Estudio<br>CYCLING VIRTUAL 14:30 - 15:15 - CYC | CYCLING 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 17:15 - 18:00 - CYC | CYCLING VIRTUAL 17:15 - 18:00 - CYC | CYCLING VIRTUAL 17:15 - 18:00 - CYC | CYCLING VIRTUAL 17:15 - 18:00 - CYC | CYCLING VIRTUAL 17:15 - 18:00 - CYC | CYCLING VIRTUAL 17:15 - 18:00 - CYC | |
| 18:00 | CYCLING VIRTUAL 18:00 - 18:45 - CYC | CYCLING VIRTUAL 18:00 - 18:45 - CYC | CYCLING VIRTUAL 18:00 - 18:45 - CYC | CYCLING VIRTUAL 18:00 - 18:45 - CYC | CYCLING VIRTUAL 18:00 - 18:45 - CYC | CYCLING VIRTUAL 18:00 - 18:45 - CYC | |
| 19:00 | CYCLING VIRTUAL 19:00 - 19:45 - CYC<br>ZUMBA 19:00 - 19:45 - Estudio Principal | CYCLING VIRTUAL 19:00 - 19:45 - CYC<br>FUNCTIONAL 19:00 - 19:45 - BOX<br>PILATES 19:00 - 19:45 - Estudio<br>ABDOMINALES 19:45 - 20:00 - BOX | CYCLING 19:00 - 19:45 - CYC<br>ZUMBA 19:00 - 19:45 - Estudio Principal | B.BALANCE 19:00 - 19:45 - Estudio<br>CYCLING VIRTUAL 19:00 - 19:45 - CYC<br>FUNCTIONAL 19:00 - 19:45 - BOX<br>ABDOMINALES 19:45 - 20:00 - BOX | B.PUMP 19:00 - 19:45 - Estudio<br>CYCLING VIRTUAL 19:00 - 19:45 - CYC | | |
| 20:00 | B.PUMP 20:00 - 20:45 - Estudio<br>CYCLING VIRTUAL 20:00 - 20:45 - CYC | CYCLING 20:00 - 20:45 - CYC | B.PUMP 20:00 - 20:45 - Estudio<br>CYCLING VIRTUAL 20:00 - 20:45 - CYC | B.COMBAT 20:00 - 20:45 - Estudio<br>CYCLING VIRTUAL 20:00 - 20:45 - CYC<br>ZUMBA 20:00 - 20:45 - OUT | CYCLING 20:00 - 20:45 - CYC | | |
| 21:00 | CYCLING 21:00 - 21:45 - CYC | B.COMBAT 21:00 - 21:45 - Estudio<br>CYCLING VIRTUAL 21:00 - 21:45 - CYC | CYCLING VIRTUAL 21:00 - 21:45 - CYC | CYCLING 21:00 - 21:45 - CYC | CYCLING VIRTUAL 21:00 - 21:45 - CYC | | |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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