

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	AQUA HIIT 09:30 - 09:55 - Piscina	CYCLING VIRTUAL 09:30 - 10:15 - CYC	AQUA HIIT 09:30 - 09:55 - Piscina	B.PUMP 09:30 - 10:15 - ST2	CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
	CYCLING VIRTUAL 09:30 - 10:10 - CYC	B.COMBAT 09:30 - 10:15 - ST2	TONE 09:30 - 10:15 - ST2	B.COMBAT 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			
				PILATES 09:30 - 10:15 - ST1			
10:00	AQUA GYM 10:00 - 10:45 - Piscina	CYCLING VIRTUAL 10:30 - 11:10 - CYC	AQUA GYM 10:00 - 10:45 - Piscina	B.PUMP 10:30 - 11:15 - ST2	AQUA GYM 10:00 - 10:45 - Piscina	B.PUMP 10:00 - 10:45 - ST2	AQUA HIIT 10:30 - 10:55 - Piscina
	CYCLING VIRTUAL 10:30 - 11:10 - CYC	ZUMBA 10:30 - 11:15 - ST2	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	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	ZUMBA 10:30 - 11:15 - ST2		CYCLING 10:30 - 11:15 - CYC		ZUMBA 10:30 - 11:15 - ST2		
11:00	CYCLING VIRTUAL 11:30 - 12:10 - CYC	AQUA PILATES 11:00 - 11:45 - Piscina	CYCLING VIRTUAL 11:30 - 12:10 - CYC	AQUA PILATES 11:00 - 11:45 - Piscina	CYCLING VIRTUAL 11:30 - 12:10 - CYC	ABDOMINALES 11:00 - 11:25 - ST1	AQUAFAMILY 11:00 - 11:45 - Piscina
	YOGA 11:30 - 12:15 - ST2	B.BALANCE 11:30 - 12:15 - ST2	YOGA 11:30 - 12:15 - ST2	CYCLING VIRTUAL 11:30 - 12:10 - CYC	GAP 11:30 - 11:55 - ST2	AQUA GYM 11:30 - 12:15 - Piscina	CYCLING VIRTUAL 11:30 - 12:15 - CYC
		CYCLING VIRTUAL 11:30 - 12:10 - CYC		ZUMBA 11:30 - 12:15 - ST2		CYCLING VIRTUAL 11:30 - 12:15 - 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	AQUA GYM 12:30 - 13:15 - Piscina	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	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:10 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC
13:00	CYCLING VIRTUAL 13:30 - 14:10 - CYC	AQUA HIIT 13:00 - 13:25 - Piscina	CYCLING VIRTUAL 13:30 - 14:10 - CYC	AQUA HIIT 13:00 - 13:25 - Piscina	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	
		CYCLING VIRTUAL 13:30 - 14:10 - CYC		CYCLING VIRTUAL 13:30 - 14:10 - 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 - 14:40 - 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	ABDOMINALES 18:00 - 18:25 - ST1	PILATES 18:00 - 18:45 - ST2	ZUMBA 18:00 - 18:45 - ST2	ZUMBA 18:00 - 18:45 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
	B.PUMP 18:00 - 18:45 - ST2	ZUMBA 18:00 - 18:45 - ST2	AQUA GYM 18:30 - 18:55 - Piscina	CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC		
	AQUA GYM 18:30 - 18:55 - Piscina	CYCLING 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC				
	CYCLING 18:30 - 19:15 - CYC						

Horario de actividades dirigidas

Centro



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:00	YOGA 19:00 - 19:45 - ST1	AQUA GYM 19:00 - 19:45 - Piscina	SYNRGY360 19:00 - 19:25 - FIT	AQUA GYM 19:00 - 19:45 - Piscina	B.PUMP 19:00 - 19:45 - ST2		
	ZUMBA 19:00 - 19:45 - ST2	YOGA 19:00 - 19:45 - ST2	TONE 19:00 - 19:45 - ST2	B.PUMP 19:00 - 19:45 - ST2	SYNRGY360 19:00 - 19:25 - FIT		
	CYCLING 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - CYC	SYNRGY360 19:00 - 19:25 - FIT	CYCLING 19:30 - 20:15 - CYC		
20:00	B.COMBAT 20:00 - 20:45 - ST2	B.PUMP 20:00 - 20:45 - ST2	ATTACK 20:00 - 20:45 - ST2	B.COMBAT 20:00 - 20:45 - ST2	AQUA GYM 20:00 - 20:45 - Piscina		
	AQUA GYM 20:15 - 21:00 - Piscina	CYCLING VIRTUAL 20:30 - 20:55 - CYC	AQUA GYM 20:15 - 21:00 - Piscina	B.BALANCE 20:30 - 21:15 - ST1	ABDOMINALES 20:30 - 20:55 - ST1		
	CYCLING VIRTUAL 20:30 - 21:15 - ST2	SYNRGY360 20:30 - 20:55 - FIT	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC		
	SYNRGY360 20:30 - 20:55 - FIT	AQUA GYM 20:45 - 21:30 - Piscina		AQUA GYM 20:45 - 21:30 - Piscina			
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 Coreográficas 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

