

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		
	OPEN BOX 07:30 - 08:25 - Box	OPEN BOX 07:30 - 08:25 - Box	OPEN BOX 07:30 - 08:25 - Box	OPEN BOX 07:30 - 08:25 - Box	OPEN BOX 07:30 - 08:25 - Box		
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		
	OPEN BOX 08:30 - 09:25 - Box	OPEN BOX 08:30 - 09:25 - Box	OPEN BOX 08:30 - 09:25 - Box	OPEN BOX 08:30 - 09:25 - Box	OPEN BOX 08:30 - 09:25 - Box		
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		
	WOD 09:30 - 10:25 - Box	CYCLING VIRTUAL 09:30 - 10:10 - CYC	WOD 09:30 - 10:25 - Box	CYCLING VIRTUAL 09:30 - 10:10 - CYC	WOD 09:30 - 10:25 - Box		
		WOD 09:30 - 10:25 - Box		PILATES 09:30 - 10:15 - ST1 WOD 09:30 - 10:25 - Box			
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	WOD 10:30 - 11:25 - Box	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
	WOD 10:30 - 11:25 - Box	ZUMBA 10:30 - 11:15 - ST2	CYCLING 10:30 - 11:15 - CYC	WOD 10:30 - 11:25 - Box	WOD 10:30 - 11:25 - Box	WOD 10:30 - 11:25 - Box	
	ZUMBA 10:30 - 11:15 - ST2		WOD 10:30 - 11:25 - Box		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
	OPEN BOX 11:30 - 12:25 - Box	B.BALANCE 11:30 - 12:15 - ST2	OPEN BOX 11:30 - 12:25 - Box	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
	YOGA 11:30 - 12:15 - ST2	CYCLING VIRTUAL 11:30 - 12:10 - CYC	YOGA 11:30 - 12:15 - ST2	OPEN BOX 11:30 - 12:25 - Box	OPEN BOX 11:30 - 12:25 - Box	CYCLING VIRTUAL 11:30 - 12:15 - CYC	
		OPEN BOX 11:30 - 12:25 - Box		ZUMBA 11:30 - 12:15 - ST2		WOD 11:30 - 12:25 - Box	
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
	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box		
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		
	WOD 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box	WOD 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box		
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	

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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Centro



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
16:00	OPEN BOX 16:00 - 16:55 - Box CYCLING VIRTUAL 16:30 - 17:15 - ST2	OPEN BOX 16:00 - 16:55 - Box CYCLING VIRTUAL 16:30 - 16:55 - CYC	OPEN BOX 16:00 - 16:55 - Box CYCLING VIRTUAL 16:30 - 17:15 - CYC	OPEN BOX 16:00 - 16:55 - Box CYCLING VIRTUAL 16:30 - 17:15 - CYC	OPEN BOX 16:00 - 16:55 - Box CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	
17:00	OPEN BOX 17:00 - 17:55 - Box CYCLING VIRTUAL 17:30 - 18:15 - ST2	OPEN BOX 17:00 - 17:55 - Box CYCLING VIRTUAL 17:30 - 17:55 - CYC	OPEN BOX 17:00 - 17:55 - Box CYCLING VIRTUAL 17:30 - 18:15 - CYC	OPEN BOX 17:00 - 17:55 - Box CYCLING VIRTUAL 17:30 - 18:15 - CYC	OPEN BOX 17:00 - 17:55 - Box CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	
18:00	ABDOMINALES 18:00 - 18:25 - ST1 B.PUMP 18:00 - 18:45 - ST2 WOD 18:00 - 18:55 - Box AQUA GYM 18:30 - 18:55 - Piscina CYCLING 18:30 - 19:15 - CYC	ABDOMINALES 18:00 - 18:25 - ST1 WOD 18:00 - 18:55 - Box ZUMBA 18:00 - 18:45 - ST2 CYCLING 18:30 - 19:15 - CYC	PILATES 18:00 - 18:45 - ST2 WOD 18:00 - 18:55 - Box AQUA GYM 18:30 - 18:55 - Piscina CYCLING VIRTUAL 18:30 - 19:15 - CYC	WOD 18:00 - 18:55 - Box ZUMBA 18:00 - 18:45 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	WOD 18:00 - 18:55 - Box ZUMBA 18:00 - 18:45 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	WOD 19:00 - 19:55 - Box YOGA 19:00 - 19:45 - ST1 ZUMBA 19:00 - 19:45 - ST2 CYCLING 19:30 - 20:15 - CYC	AQUA GYM 19:00 - 19:45 - Piscina WOD 19:00 - 19:55 - Box YOGA 19:00 - 19:45 - ST2 CYCLING 19:30 - 20:15 - CYC	SYNRGY360 19:00 - 19:25 - FIT TONE 19:00 - 19:45 - ST2 WOD 19:00 - 19:55 - Box CYCLING 19:30 - 20:15 - CYC	AQUA GYM 19:00 - 19:45 - Piscina B.PUMP 19:00 - 19:45 - ST2 SYNRGY360 19:00 - 19:25 - FIT WOD 19:00 - 19:55 - Box CYCLING 19:30 - 20:15 - CYC	B.PUMP 19:00 - 19:45 - ST2 SYNRGY360 19:00 - 19:25 - FIT WOD 19:00 - 19:55 - Box CYCLING 19:30 - 20:15 - CYC		
20:00	B.COMBAT 20:00 - 20:45 - ST2 WOD 20:00 - 20:55 - Box AQUA GYM 20:15 - 21:00 - Piscina CYCLING VIRTUAL 20:30 - 21:15 - ST2 SYNRGY360 20:30 - 20:55 - FIT	B.PUMP 20:00 - 20:45 - ST2 WOD 20:00 - 20:55 - Box CYCLING VIRTUAL 20:30 - 20:55 - CYC SYNRGY360 20:30 - 20:55 - FIT AQUA GYM 20:45 - 21:30 - Piscina	ATTACK 20:00 - 20:45 - ST2 WOD 20:00 - 20:55 - Box AQUA GYM 20:15 - 21:00 - Piscina CYCLING VIRTUAL 20:30 - 21:15 - CYC	B.COMBAT 20:00 - 20:45 - ST2 WOD 20:00 - 20:55 - Box B.BALANCE 20:30 - 21:15 - ST1 CYCLING VIRTUAL 20:30 - 21:15 - CYC AQUA GYM 20:45 - 21:30 - Piscina	AQUA GYM 20:00 - 20:45 - Piscina WOD 20:00 - 20:55 - Box ABDOMINALES 20:30 - 20:55 - ST1 CYCLING VIRTUAL 20:30 - 21:15 - CYC		
21:00	OPEN BOX 21:00 - 21:55 - Box CYCLING VIRTUAL 21:30 - 22:15 - CYC	OPEN BOX 21:00 - 21:55 - Box CYCLING VIRTUAL 21:30 - 22:15 - CYC	OPEN BOX 21:00 - 21:55 - Box CYCLING VIRTUAL 21:30 - 22:15 - CYC	OPEN BOX 21:00 - 21:55 - Box CYCLING VIRTUAL 21:30 - 22:15 - CYC	OPEN BOX 21:00 - 21:55 - Box CYCLING VIRTUAL 21:30 - 22:15 - CYC		

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