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		PILATES 08:30 - 09:20 - ST2		ESPALDA SANA 08:30 - 09:20 - ST2			
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	ACOND. FISICO 09:30 - 10:20 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC	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 - 11:15 - ST2	CYCLING VIRTUAL 10:30 - 11:20 - CYC GAP 10:30 - 11:20 - ST2	CYCLING 10:30 - 11:15 - CYC STEP 10:30 - 11:20 - ST2	B.PUMP 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC ESPALDA SANA 11:30 - 12:20 - ST1 GAP 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:20 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC ESPALDA SANA 11:30 - 12:20 - ST1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC PILATES 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
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
14:00	CYCLING 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	HIIT 15:00 - 15:30 - ST2 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 HIIT 17:30 - 17:55 - ST1	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING 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	ABDOMINALES 18:00 - 18:25 - ST1 STEP 18:00 - 18:50 - ST2 CYCLING 18:30 - 19:15 - CYC	PILATES 18:00 - 18:50 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	B.BALANCE 18:00 - 18:50 - ST2 HIIT 18:00 - 18:25 - ST1 CYCLING VIRTUAL 18:30 - 19:15 - CYC	YOGA 18:00 - 18:50 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	PILATES 18:00 - 18:50 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	GAP 19:00 - 19:50 - ST2 CYCLING VIRTUAL 19:30 - 20:20 - CYC	ABDOMINALES 19:00 - 19:25 - ST1 B.PUMP 19:00 - 19:50 - ST2 CYCLING 19:30 - 20:15 - CYC HIIT 19:30 - 19:55 - ST1	B.COMBAT 19:00 - 19:50 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC GAP 19:30 - 19:55 - ST1	GAP 19:00 - 19:50 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC	B.PUMP 19:00 - 19:50 - ST2		
20:00	B.COMBAT 20:00 - 20:50 - ST2 CYCLING 20:30 - 21:15 - CYC	GAP 20:00 - 20:50 - ST2 CYCLING 20:30 - 21:15 - CYC	ACOND. FISICO 20:00 - 20:50 - ST2 CYCLING 20:30 - 21:15 - CYC	B.PUMP 20:00 - 20:50 - ST2 CYCLING 20:30 - 21:15 - CYC	CYCLING 20:00 - 20:45 - CYC		
21:00	B.PUMP 21:00 - 21:50 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC	ZUMBA 21:00 - 21:50 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	ZUMBA 21:00 - 21:50 - ST2 CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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