Horario
de actividades dirigidas

Centro — Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:00 - 07:45 - CYC		CYCLING VIRTUAL 07:00 - 07:45 - CYC		CYCLING VIRTUAL 07:00 - 07:45 - CYC		
08:00		YOGA 08:30 - 09:25 - ST2	ESPALDA SANA 08:30 - 09:25 - ST2	PILATES 08:30 - 09:20 - ST2	QUEENAX 08:30 - 09:00 - FUN		
09:00	CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:20 - ST2 STEP FUNCIONAL 09:30 - 10:00 - ST1	ABDOMINALES 09:00 - 09:25 - ST1 CYCLING 09:30 - 10:15 - CYC TRX 09:30 - 10:00 - FUN	CYCLING 09:30 - 10:15 - CYC TONE 09:30 - 10:00 - ST2	ABDOMINALES 09:00 - 09:25 - ST1 CYCLING 09:30 - 10:15 - CYC STEP FUNCIONAL 09:30 - 10:00 - ST2	CYCLING 09:30 - 10:15 - CYC		
10:00	ABDOMINALES 10:00 - 10:25 - ST1 B.COMBAT 10:30 - 11:20 - ST2 CYCLING 10:30 - 11:15 - CYC	GLUTEBOOM 10:00 - 10:30 - ST2 B.PUMP 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC ESTIRAMIENTOS 10:30 - 11:25 - ST1	ABDOMINALES 10:00 - 10:25 - ST2 B.COMBAT 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	TRX 10:00 - 10:30 - FUN B.PUMP 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	B.COMBAT 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC
11:00	DANCE 11:30 - 12:25 - ST1	DANCE 11:30 - 12:25 - ST1		ESTIRAMIENTOS 11:30 - 12:00 - ST2		B.PUMP 11:30 - 12:20 - ST2	
12:00		CYCLING VIRTUAL 12:30 - 13:15 - CYC		CYCLING VIRTUAL 12:30 - 13:15 - CYC			
14:00	CROSSTRAINING 14:30 - 15:20 - ST2 CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:20 - ST2 CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC QUEENAX 14:30 - 15:00 - FUN	ABDOMINALES 14:30 - 14:55 - ST1 CYCLING VIRTUAL 14:30 - 15:15 - CYC		
17:00	PILATES 17:00 - 17:50 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC	B.PUMP 17:00 - 17:50 - ST2 CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	ABDOMINALES 17:00 - 17:25 - ST1 CYCLING 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC		
18:00	ABDOMINALES 18:00 - 18:25 - ST2 CYCLING 18:30 - 19:15 - CYC GLUTEBOOM 18:30 - 19:00 - ST2	ABDOMINALES 18:00 - 18:25 - ST1 YOGA 18:00 - 18:50 - ST2 CYCLING 18:30 - 19:15 - CYC	ZUMBA 18:00 - 18:50 - ST1 CYCLING VIRTUAL 18:30 - 19:15 - CYC QUEENAX 18:30 - 19:00 - FUN	B.PUMP 18:00 - 18:50 - ST2 YOGA 18:00 - 18:50 - ST1 CYCLING VIRTUAL 18:30 - 19:15 - CYC QUEENAX 18:30 - 19:00 - FUN	B.PUMP 18:00 - 18:50 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC		
19:00	CROSSTRAINING 19:00 - 19:55 - ST2 ZUMBA 19:00 - 19:50 - ST1 CYCLING 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - CYC TRX 19:30 - 20:00 - FUN	ABDOMINALES 19:00 - 19:30 - ST1 PILATES 19:00 - 19:50 - ST2 CYCLING 19:30 - 20:15 - CYC	GAP 19:00 - 19:55 - ST1 ABDOMINALES 19:30 - 19:55 - ST2 CYCLING 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - CYC		
20:00	B.PUMP 20:00 - 20:50 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC TRX 20:30 - 21:00 - FUN	B.COMBAT 20:00 - 20:50 - ST2 ESTIRAMIENTOS 20:30 - 21:00 - ST1	B.PUMP 20:00 - 20:50 - ST2 GLUTEBOOM 20:00 - 20:30 - ST1 CYCLING 20:30 - 21:15 - CYC TRX 21:30 - 22:00 - FUN	B.COMBAT 20:00 - 20:50 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC			
21:00							

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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