

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:30 - 08:25 - CYC	CYCLING VIRTUAL 07:30 - 08:25 - CYC	CYCLING VIRTUAL 07:30 - 08:25 - CYC		CYCLING VIRTUAL 07:30 - 08:25 - CYC		
08:00	CYCLING VIRTUAL 08:30 - 09:25 - CYC	CYCLING VIRTUAL 08:30 - 09:25 - CYC	CYCLING VIRTUAL 08:30 - 09:25 - CYC		CYCLING VIRTUAL 08:30 - 09:25 - CYC		
	ESPALDA SANA 08:30 - 09:20 - ST1		ESPALDA SANA 08:30 - 09:20 - ST1				
09:00	ACOND. FISICO 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:25 - CYC	B.PUMP 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:20 - CYC	ACOND. FISICO 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:20 - CYC	CYCLING VIRTUAL 09:30 - 10:20 - CYC
	CYCLING VIRTUAL 09:30 - 10:25 - CYC	PILATES 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:25 - CYC	PILATES 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:25 - CYC		
	GAP 09:30 - 10:20 - ST1	ZUMBA 09:30 - 10:20 - ST1	GAP 09:30 - 10:20 - ST1	STEP 09:30 - 10:20 - ST1	YOGA 09:30 - 10:20 - ST1		
10:00	B.PUMP 10:30 - 11:20 - ST2	CYCLING VIRTUAL 10:30 - 11:20 - CYC	ACOND. FISICO 10:30 - 11:20 - ST2	CYCLING VIRTUAL 10:30 - 11:20 - CYC	B.PUMP 10:30 - 11:20 - ST2	B.PUMP 10:30 - 11:20 - ST2	CYCLING VIRTUAL 10:30 - 11:20 - CYC
	CYCLING 10:30 - 11:20 - CYC	GIMNASIA SUAVE 10:30 - 11:20 - ST2	CYCLING 10:30 - 11:20 - CYC	GIMNASIA SUAVE 10:30 - 11:20 - ST2	CICLO XPRESS 10:30 - 11:00 - CYC	CYCLING VIRTUAL 10:30 - 11:20 - CYC	
		GLUTEUP 30 10:30 - 11:00 - ST1		GLUTEUP 30 10:30 - 11:00 - ST1			
11:00	B.BALANCE 11:30 - 12:20 - ST1	CYCLING 11:30 - 12:20 - CYC	CYCLING VIRTUAL 11:30 - 12:20 - CYC	CYCLING 11:30 - 12:20 - CYC	CYCLING VIRTUAL 11:30 - 12:20 - CYC	CYCLING 11:30 - 12:20 - CYC	CYCLING VIRTUAL 11:30 - 12:20 - CYC
	CYCLING VIRTUAL 11:30 - 12:20 - CYC		YOGA 11:30 - 12:20 - ST1		ESPALDA SANA 11:30 - 12:20 - ST1		
12:00						CYCLING VIRTUAL 12:30 - 13:20 - CYC	CYCLING VIRTUAL 12:30 - 13:20 - CYC
14:00	CYCLING VIRTUAL 14:30 - 15:25 - CYC	CYCLING VIRTUAL 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:20 - CYC	
	HIFT 14:30 - 15:00 - FUN		HIFT 14:30 - 15:00 - FUN				
15:00	ABDOMINALES 15:00 - 15:30 - FUN	CYCLING VIRTUAL 15:30 - 16:25 - CYC	ABDOMINALES 15:00 - 15:30 - FUN	CYCLING VIRTUAL 15:30 - 16:20 - CYC	CYCLING VIRTUAL 15:30 - 16:20 - CYC	CYCLING VIRTUAL 15:30 - 16:20 - CYC	
	CYCLING VIRTUAL 15:30 - 16:25 - CYC		CYCLING VIRTUAL 15:30 - 16:20 - CYC				
18:00	AEROBIC LATINO 18:00 - 18:50 - ST2	PILATES 18:00 - 18:50 - ST2	STEP 18:00 - 18:50 - ST1	ESPALDA SANA 18:00 - 18:50 - ST1	PILATES 18:00 - 18:50 - ST2	CYCLING VIRTUAL 18:30 - 19:20 - CYC	
	CICLO XPRESS 18:30 - 19:00 - CYC	CYCLING VIRTUAL 18:30 - 19:25 - CYC	CICLO XPRESS 18:30 - 19:00 - CYC	CYCLING VIRTUAL 18:30 - 19:20 - CYC	CYCLING VIRTUAL 18:30 - 19:20 - CYC		
19:00	B.PUMP 19:00 - 19:50 - ST2	GAP 19:00 - 19:30 - ST1	B.BALANCE 19:00 - 19:50 - ST1	B.COMBAT 19:00 - 19:50 - ST2	B.PUMP 19:00 - 19:50 - ST2		
	YOGA 19:00 - 19:50 - ST1	URBAN DANCE 19:00 - 19:50 - ST2	B.PUMP 19:00 - 19:50 - ST2	CYCLING 19:30 - 20:20 - CYC	ABD TOTAL 19:30 - 20:00 - FUN		
	ABD TOTAL 19:30 - 20:00 - FUN	CYCLING 19:30 - 20:20 - CYC	ABD TOTAL 19:30 - 20:00 - FUN				
	CYCLING VIRTUAL 19:30 - 20:25 - CYC		CYCLING VIRTUAL 19:30 - 20:20 - CYC				
20:00	B.COMBAT 20:00 - 20:50 - ST2	B.PUMP 20:00 - 20:50 - ST2	B.COMBAT 20:00 - 20:50 - ST2	B.PUMP 20:00 - 20:50 - ST2	CYCLING 20:00 - 20:50 - CYC		
	GLUTEUP 30 20:00 - 20:30 - ST1	CYCLING VIRTUAL 20:30 - 21:20 - CYC	GLUTEUP 30 20:00 - 20:30 - ST1	CYCLING VIRTUAL 20:30 - 21:20 - CYC			
	HIFT 20:00 - 20:30 - FUN	ZUMBA STRONG 20:30 - 21:20 - ST1	HIFT 20:00 - 20:30 - FUN	ZUMBA 20:30 - 21:20 - ST1			
	CYCLING 20:30 - 21:20 - CYC		CYCLING 20:30 - 21:20 - CYC				
	STEP FUNCIONAL 20:30 - 21:20 - ST1						

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

