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 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:25 - CYC		
08:00	CYCLING VIRTUAL 08:30 - 09:25 - CYC ESPALDA SANA 08:30 - 09:25 - ST1	CYCLING VIRTUAL 08:30 - 09:25 - CYC	CYCLING VIRTUAL 08:30 - 09:25 - CYC ESPALDA SANA 08:30 - 09:25 - ST1	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:25 - CYC		
09:00	ACOND. FISICO 09:30 - 10:25 - ST2 CYCLING VIRTUAL 09:30 - 10:25 - CYC GAP 09:30 - 10:20 - ST1	CYCLING VIRTUAL 09:30 - 10:25 - CYC PILATES 09:30 - 10:25 - ST2 ZUMBA 09:30 - 10:20 - ST1	B.PUMP 09:30 - 10:20 - ST2 CYCLING VIRTUAL 09:30 - 10:25 - CYC GAP 09:30 - 10:25 - ST1	CYCLING VIRTUAL 09:30 - 10:20 - CYC PILATES 09:30 - 10:25 - ST2 STEP 09:30 - 10:25 - ST1	ACOND. FISICO 09:30 - 10:25 - CYC CYCLING VIRTUAL 09:30 - 10:25 - CYC YOGA 09:30 - 10:20 - ST1	CYCLING VIRTUAL 09:30 - 10:20 - CYC	CYCLING VIRTUAL 09:30 - 10:20 - CYC
10:00	B.PUMP 10:30 - 11:20 - ST2 CYCLING 10:30 - 11:25 - CYC	CYCLING VIRTUAL 10:30 - 11:20 - CYC GIMNASIA SUAVE 10:30 - 11:25 - ST2 GLUTEUP 30 10:30 - 11:00 - ST1	ACOND. FISICO 10:30 - 11:20 - ST2 CYCLING 10:30 - 11:25 - CYC	CYCLING VIRTUAL 10:30 - 11:20 - CYC GIMNASIA SUAVE 10:30 - 11:25 - ST2 GLUTEUP 30 10:30 - 11:00 - ST1	B.PUMP 10:30 - 11:20 - ST2 CICLO XPRESS 10:30 - 11:00 - CYC	CYCLING VIRTUAL 10:30 - 11:20 - CYC	CYCLING VIRTUAL 10:30 - 11:20 - CYC
11:00	B.BALANCE 11:30 - 12:20 - ST1 CYCLING VIRTUAL 11:30 - 12:20 - CYC	CYCLING 11:30 - 12:25 - CYC	CYCLING VIRTUAL 11:30 - 12:20 - CYC YOGA 11:30 - 12:20 - ST1	CYCLING 11:30 - 12:25 - CYC	ABD TOTAL 11:00 - 11:30 - ST1 CYCLING VIRTUAL 11:30 - 12:20 - CYC ESPALDA SANA 11:30 - 12:20 - ST1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:20 - CYC
14:00	CYCLING VIRTUAL 14:30 - 15:25 - CYC HIFT 14:30 - 15:00 - FUN	CYCLING VIRTUAL 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:20 - CYC HIFT 14:30 - 15:00 - FUN	CYCLING VIRTUAL 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:20 - CYC	
15:00	ABD TOTAL 15:00 - 15:30 - ST1 CYCLING VIRTUAL 15:30 - 16:25 - CYC	CYCLING VIRTUAL 15:30 - 16:25 - CYC	ABD TOTAL 15:00 - 15:30 - ST1 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 - 16:20 - CYC	
18:00	GAP 18:00 - 18:55 - ST1 CICLO XPRESS 18:30 - 19:00 - CYC	PILATES 18:00 - 18:55 - ST2 CYCLING VIRTUAL 18:30 - 19:25 - CYC	STEP 18:00 - 18:55 - ST1 CICLO XPRESS 18:30 - 19:00 - CYC	ESPALDA SANA 18:00 - 18:55 - ST1 CYCLING VIRTUAL 18:30 - 19:20 - CYC	PILATES 18:00 - 18:50 - ST2 CYCLING VIRTUAL 18:30 - 19:20 - CYC	CYCLING VIRTUAL 18:30 - 19:20 - CYC	
19:00	B.PUMP 19:00 - 19:50 - ST2 YOGA 19:00 - 19:50 - ST1 CYCLING VIRTUAL 19:30 - 20:25 - CYC	DANCE 19:00 - 19:55 - ST1 GAP 19:00 - 19:30 - ST2 ABD TOTAL 19:30 - 20:00 - ST2 CYCLING 19:30 - 20:25 - CYC	B.BALANCE 19:00 - 19:55 - ST1 B.PUMP 19:00 - 19:55 - ST2 CYCLING VIRTUAL 19:30 - 20:20 - CYC	B.COMBAT 19:00 - 19:50 - ST2 HIFT 19:00 - 19:30 - ST1 CYCLING 19:30 - 20:25 - CYC	B.PUMP 19:00 - 19:50 - ST2 ABD TOTAL 19:30 - 20:00 - ST1		
20:00	B.COMBAT 20:00 - 20:50 - ST2 GLUTEUP 30 20:00 - 20:30 - ST1 ABD TOTAL 20:30 - 21:00 - ST1 CYCLING 20:30 - 21:20 - CYC	B.PUMP 20:00 - 20:50 - ST2 CYCLING VIRTUAL 20:30 - 21:20 - CYC ZUMBA STRONG 20:30 - 21:20 - ST1	B.COMBAT 20:00 - 20:50 - ST2 GLUTEUP 30 20:00 - 20:30 - ST1 CYCLING 20:30 - 21:20 - CYC	B.PUMP 20:00 - 20:50 - ST2 CYCLING VIRTUAL 20:30 - 21:20 - CYC ZUMBA 20:30 - 21:20 - ST1	CYCLING 20:00 - 20:55 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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