

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	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	B.PUMP 08:30 - 09:25 - ST2	B.BALANCE 08:30 - 09:25 - ST1	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	TONE 08:30 - 09:15 - ST2	PILATES 08:30 - 09:25 - ST1	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC			
	B.PUMP 09:30 - 10:25 - ST2	B.COMBAT 09:30 - 10:25 - ST2	B.BALANCE 09:30 - 10:25 - ST1	B.COMBAT 09:30 - 10:25 - ST2	B.BALANCE 09:30 - 10:25 - ST1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
	CYCLING 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	B.PUMP 09:30 - 10:25 - ST2		
	PILATES 09:30 - 10:25 - ST1	GAP 09:30 - 09:55 - ST1	ZUMBA 09:30 - 10:25 - ST2	PILATES 09:30 - 10:25 - ST1	CYCLING VIRTUAL 09:30 - 10:15 - CYC		
10:00	CYCLING 10:30 - 11:15 - CYC	ABDOMINALES 10:00 - 10:25 - FIT	CYCLING 10:30 - 11:15 - CYC	ABDOMINALES 10:00 - 10:25 - FIT	ABDOMINALES 10:00 - 10:25 - FIT	B.PUMP 10:30 - 11:25 - ST2	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	GAP 10:30 - 10:55 - ST1	STEP 10:00 - 10:55 - ST1	HIIT 10:30 - 10:55 - FIT	B.PUMP 10:30 - 11:25 - ST2	ATTACK 10:30 - 11:25 - ST2	CYCLING VIRTUAL 10:30 - 11:15 - CYC	
	ZUMBA 10:30 - 11:25 - ST2	B.PUMP 10:30 - 11:25 - ST2	TONE 10:30 - 11:15 - ST2	CYCLING 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC		
		CYCLING 10:30 - 11:15 - CYC	YOGA 10:30 - 11:15 - ST1	GAP 10:30 - 10:55 - ST1	SYNRGY360 10:30 - 10:55 - FIT		
11:00	YOGA 11:00 - 11:55 - ST1	SYNRGY360 11:00 - 11:25 - FIT	ABDOMINALES 11:30 - 11:55 - FIT	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
	ABDOMINALES 11:30 - 11:55 - FIT	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	SYNRGY360 11:30 - 11:55 - FIT	ESTIRAMIENTOS 11:30 - 11:55 - ST1		
	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ESTIRAMIENTOS 11:30 - 11:55 - ST1			ZUMBA 11:30 - 12:25 - ST2		
		ZUMBA 11:30 - 12:25 - ST2					
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	ABDOMINALES 12:30 - 12:55 - FIT	CYCLING VIRTUAL 12:30 - 13:15 - CYC
						CYCLING VIRTUAL 12:30 - 13:15 - CYC	
13:00	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC		
14:00	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:15 - ST2	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:15 - ST2	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	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		
17:00	B.BALANCE 17:00 - 17:55 - ST1	DEF. PER. JUNIOR 17:00 - 17:55 - ST1	B.BALANCE 17:00 - 17:55 - ST1	DEF. PER. JUNIOR 17:00 - 17:55 - ST1	CYCLING VIRTUAL 17:30 - 18:15 - CYC		
	FITNESS KIDS 17:00 - 17:55 - ST2	ZUMBA 17:00 - 17:55 - ST2	FITNESS KIDS 17:00 - 17:55 - ST2	ZUMBA 17:00 - 17:55 - ST2	PILATES 17:30 - 18:25 - ST1		
	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			

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	ABDOMINALES 18:00 - 18:25 - FIT	TONE 18:00 - 18:45 - ST2	ABDOMINALES 18:00 - 18:25 - FIT	ABDOMINALES 18:00 - 18:25 - FIT	ZUMBA 18:00 - 18:55 - ST2		
	B.PUMP 18:00 - 18:55 - ST2	YOGA 18:00 - 18:55 - ST1	STEP 18:00 - 18:55 - ST1	TONE 18:00 - 18:45 - ST2	ABDOMINALES 18:30 - 18:55 - FIT		
	PILATES 18:00 - 18:55 - ST1	CYCLING 18:30 - 19:15 - CYC	CYCLING 18:30 - 19:15 - CYC	YOGA 18:00 - 18:55 - ST1	CYCLING 18:30 - 19:15 - CYC		
	CYCLING 18:30 - 19:15 - CYC	SYNRGY360 18:30 - 18:55 - FIT		CYCLING 18:30 - 19:15 - CYC			
19:00	STEP 19:00 - 19:55 - ST1	B.COMBAT 19:00 - 19:55 - ST2	GAP 19:00 - 19:25 - ST1	B.PUMP 19:00 - 19:55 - ST2	B.PUMP 19:00 - 19:55 - ST2		
	SYNRGY360 19:00 - 19:25 - FIT	PILATES 19:00 - 19:55 - ST1	ZUMBA 19:00 - 19:55 - ST2	PILATES 19:00 - 19:55 - ST1	CYCLING VIRTUAL 19:30 - 20:15 - CYC		
	ZUMBA 19:00 - 19:55 - ST2	ABDOMINALES 19:30 - 19:55 - FIT	CYCLING 19:30 - 20:15 - CYC	SYNRGY360 19:00 - 19:25 - FIT	SYNRGY360 19:30 - 19:55 - FIT		
	ABDOMINALES 19:30 - 19:55 - FIT	CYCLING 19:30 - 20:15 - CYC	ESTIRAMIENTOS 19:30 - 19:55 - ST1	ABDOMINALES 19:30 - 19:55 - FIT			
	CYCLING 19:30 - 20:15 - CYC		SYNRGY360 19:30 - 19:55 - FIT	CYCLING 19:30 - 20:15 - CYC			
20:00	ATTACK 20:00 - 20:55 - ST2	B.PUMP 20:00 - 20:55 - ST2	B.COMBAT 20:00 - 20:55 - ST2	B.BALANCE 20:00 - 20:55 - ST1	B.COMBAT 20:00 - 20:55 - ST2		
	GAP 20:00 - 20:25 - ST1	GAP 20:00 - 20:25 - ST1	PILATES 20:00 - 20:55 - ST1	ZUMBA 20:00 - 20:55 - ST2	CYCLING VIRTUAL 20:30 - 21:15 - CYC		
	SYNRGY360 20:00 - 20:25 - FIT	HIIT 20:00 - 20:25 - FIT	CYCLING 20:30 - 21:15 - CYC	CYCLING 20:30 - 21:15 - CYC			
	ABDOMINALES 20:30 - 20:55 - FIT	B.BALANCE 20:30 - 21:25 - ST1	HIIT 20:30 - 20:55 - FIT	HIIT 20:30 - 20:55 - FIT			
	CYCLING 20:30 - 21:15 - CYC	CYCLING 20:30 - 21:15 - CYC					
	YOGA 20:30 - 21:25 - ST1	SYNRGY360 20:30 - 20:55 - FIT					
	B.PUMP 21:00 - 21:55 - ST2	ABDOMINALES 21:00 - 21:25 - FIT	ABDOMINALES 21:00 - 21:25 - FIT	ATTACK 21:00 - 21:55 - ST2	CYCLING VIRTUAL 21:30 - 22:15 - CYC		
21:00	HIIT 21:00 - 21:25 - FIT	ZUMBA 21:00 - 21:55 - ST2	B.PUMP 21:00 - 21:55 - ST2	CYCLING VIRTUAL 21:30 - 22:15 - CYC			
	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC				

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