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 YOGA 08:30 - 09:25 - ST1	ABDOMINALES 08:15 - 08:30 - FIT CYCLING VIRTUAL 08:30 - 09:15 - CYC ESPALDA SANA 08:30 - 09:15 - ST1	CYCLING VIRTUAL 08:30 - 09:15 - CYC YOGA 08:30 - 09:25 - ST1	ABDOMINALES 08:15 - 08:30 - FIT CYCLING VIRTUAL 08:30 - 09:15 - CYC ESPALDA SANA 08:30 - 09:15 - ST1	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	ABDOMINALES 09:15 - 09:30 - FIT CYCLING 09:30 - 10:15 - CYC ESPALDA SANA 09:30 - 09:55 - FIT TONE 09:30 - 10:15 - ST1	B.COMBAT 09:30 - 10:25 - ST1 CYCLING VIRTUAL 09:30 - 10:15 - CYC ESTIRAMIENTOS 09:30 - 09:55 - ST1 FUNCTIONAL 09:30 - 10:15 - BOX	ABDOMINALES 09:15 - 09:30 - FIT B.PUMP 09:30 - 10:25 - ST1 CYCLING 09:30 - 10:15 - CYC ESPALDA SANA 09:30 - 09:55 - FIT	CYCLING VIRTUAL 09:30 - 10:15 - CYC ESTIRAMIENTOS 09:30 - 09:55 - FIT ZUMBA 09:30 - 10:25 - ST1	ABDOMINALES 09:15 - 09:30 - FIT CYCLING 09:30 - 10:15 - CYC PILATES NOVEL 09:30 - 10:15 - ST1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
10:00	ABDOMINALES 10:15 - 10:30 - BOX B.PUMP 10:30 - 11:25 - ST1 CROSSTRAINING 10:30 - 11:25 - BOX CYCLING VIRTUAL 10:30 - 11:15 - CYC ESTIRAMIENTOS 10:30 - 10:55 - FIT	ABDOMINALES 10:15 - 10:30 - FIT CYCLING 10:30 - 11:15 - CYC GAP 10:30 - 10:55 - FIT PILATESS EXPERT 10:30 - 11:15 - ST1	ABDOMINALES 10:15 - 10:30 - FIT CYCLING VIRTUAL 10:30 - 11:15 - CYC ESTIRAMIENTOS 10:30 - 10:55 - FIT FUNCTIONAL 10:30 - 11:15 - BOX ZUMBA 10:30 - 11:25 - ST1	ABDOMINALES 10:15 - 10:30 - FIT CROSSTRAINING 10:30 - 11:25 - BOX CYCLING 10:30 - 11:15 - FIT PILATESS EXPERT 10:30 - 11:15 - ST1	ABDOMINALES 10:15 - 10:30 - FIT B.PUMP 10:30 - 11:25 - ST1 CYCLING VIRTUAL 10:30 - 11:15 - CYC ESTIRAMIENTOS 10:30 - 10:55 - FIT	B.PUMP 10:30 - 11:25 - ST1 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
11:00	ABDOMINALES 11:15 - 11:30 - FIT ATTACK 11:30 - 12:15 - BOX CYCLING VIRTUAL 11:30 - 12:15 - CYC PILATES NOVEL 11:30 - 12:15 - ST1	ABDOMINALES 11:15 - 12:00 - FIT CYCLING VIRTUAL 11:30 - 12:15 - CYC STEP 11:30 - 12:15 - ST1	ABDOMINALES 11:15 - 11:30 - FIT CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:15 - 11:30 - FIT CYCLING VIRTUAL 11:30 - 12:15 - CYC TONE 11:30 - 12:15 - ST1	B.COMBAT 11:30 - 12:25 - ST1 CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING 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 ZUMBA 12:30 - 13:25 - ST1	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	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:25 - ST1	CYCLING 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC		
16:00	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:00 - 16:45 - CYC		
17:00	CYCLING VIRTUAL 17:00 - 17:45 - CYC B.BALANCE 17:30 - 18:25 - ST1 FITNESS KIDS 17:30 - 18:25 - FIT	CYCLING VIRTUAL 17:00 - 17:45 - CYC TRX 17:00 - 17:25 - FIT FUNCTIONAL 17:30 - 18:15 - BOX TONE 17:30 - 18:15 - ST1	CYCLING VIRTUAL 17:00 - 17:45 - CYC FITNESS KIDS 17:30 - 18:25 - FIT GAP 17:30 - 18:15 - ST1	CYCLING VIRTUAL 17:00 - 17:45 - CYC TRX 17:00 - 17:25 - CYC FUNCTIONAL 17:30 - 18:15 - BOX PILATESS EXPERT 17:30 - 18:15 - ST1	CYCLING VIRTUAL 17:00 - 17:45 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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Horario
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Centro

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	CYCLING VIRTUAL 18:00 - 18:45 - CYC B.COMBAT 18:30 - 19:25 - ST1 ESPALDA SANA 18:30 - 18:55 - FIT	CYCLING 18:00 - 18:45 - CYC CROSSTRAINING 18:30 - 19:25 - BOX HIIT 18:30 - 18:55 - FIT PILATESS EXPERT 18:30 - 19:15 - ST1	CYCLING VIRTUAL 18:00 - 18:45 - CYC B.PUMP 18:30 - 19:25 - ST1 HIIT 18:30 - 18:55 - FIT	CYCLING 18:00 - 18:45 - CYC CROSSTRAINING 18:30 - 19:25 - BOX ESPALDA SANA 18:30 - 18:55 - FIT ZUMBA 18:30 - 19:25 - ST1	CYCLING VIRTUAL 18:00 - 18:45 - CYC ZUMBA 18:00 - 18:55 - ST1 ABDOMINALES 18:15 - 18:30 - FIT TRX 18:30 - 18:55 - FIT B.PUMP 19:00 - 19:55 - ST1		
19:00	CYCLING 19:00 - 19:45 - CYC ABDOMINALES 19:15 - 19:30 - FIT B.PUMP 19:30 - 20:25 - ST1 CROSSTRAINING 19:30 - 20:25 - BOX ESTIRAMIENTOS 19:30 - 19:55 - FIT	CYCLING 19:00 - 19:45 - CYC ABDOMINALES 19:15 - 19:30 - FIT CROSSTRAINING 19:30 - 20:25 - BOX GLUTEOS 19:30 - 19:55 - FIT ZUMBA 19:30 - 20:25 - ST1	CYCLING 19:00 - 19:45 - CYC ABDOMINALES 19:15 - 19:30 - FIT B.COMBAT 19:30 - 20:25 - ST1 CROSSTRAINING 19:30 - 20:25 - BOX ESTIRAMIENTOS 19:30 - 19:55 - FIT	CYCLING 19:00 - 19:45 - CYC ABDOMINALES 19:15 - 19:30 - FIT CROSSTRAINING 19:30 - 20:25 - BOX GLUTEOS 19:30 - 19:55 - FIT STEP 19:30 - 20:15 - ST1	CYCLING VIRTUAL 19:00 - 19:45 - CYC		
20:00	CYCLING 20:00 - 20:45 - CYC ABDOMINALES 20:15 - 20:30 - FIT CROSSTRAINING 20:30 - 21:25 - BOX GLUTEOS 20:30 - 20:55 - FIT TONE 20:30 - 21:15 - ST1	CYCLING 20:00 - 20:45 - CYC RUNNING 20:00 - 20:55 - OUT ABDOMINALES 20:15 - 20:30 - FIT B.COMBAT 20:30 - 21:25 - BOX ESTIRAMIENTOS 20:30 - 20:55 - FIT STEP 20:30 - 21:15 - ST1	CYCLING 20:00 - 20:45 - CYC ABDOMINALES 20:15 - 20:30 - FIT ATTACK 20:30 - 21:15 - ST1 CROSSTRAINING 20:30 - 21:25 - BOX GLUTEOS 20:30 - 20:55 - FIT	CYCLING 20:00 - 20:45 - CYC RUNNING 20:00 - 20:55 - OUT ABDOMINALES 20:15 - 20:30 - FIT B.COMBAT 20:30 - 21:25 - BOX B.PUMP 20:30 - 21:25 - ST1	CYCLING 20:00 - 20:45 - CYC		
21:00	CYCLING 21:00 - 21:45 - CYC TRX 21:00 - 21:25 - CYC ABDOMINALES 21:15 - 21:30 - FIT FUNCTIONAL 21:30 - 22:15 - ST1	CYCLING 21:00 - 21:45 - CYC ABDOMINALES 21:15 - 21:30 - FIT B.PUMP 21:15 - 22:10 - ST1	CYCLING VIRTUAL 21:00 - 21:45 - CYC TONE 21:15 - 22:00 - ST1	CYCLING 21:00 - 21:45 - CYC FUNCTIONAL 21:30 - 22:15 - ST1	CYCLING VIRTUAL 21:00 - 21:45 - CYC		

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