

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	CICLO INDOOR VIR 06:30 - 07:15 - CYC	CICLO INDOOR VIR 06:30 - 07:15 - CYC	CICLO INDOOR VIR 06:30 - 07:15 - CYC	CYCLING VIRTUAL 06:30 - 07:15 - CYC	CYCLING VIRTUAL 06:30 - 07:15 - CYC		
07:00	WOD 07:00 - 07:55 - Box	WOD 07:00 - 07:55 - Box	WOD 07:00 - 07:55 - Box	HYBRID TRAINING 07:00 - 07:55 - Box	WOD 07:00 - 07:55 - Box		
08:00	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	OPEN BOX 08:00 - 08:55 - Box	OPEN BOX 08:00 - 08:55 - Box	OPEN BOX 08:00 - 08:55 - Box	OPEN BOX 08:00 - 08:55 - Box	OPEN BOX 08:00 - 08:55 - Box		
08:00	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - FIT	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	B.PUMP 09:30 - 10:20 - ST2	ABDOMINALES 09:00 - 09:25 - ST1	B.PUMP 09:30 - 10:25 - ST2	ABDOMINALES 09:00 - 09:25 - ST1	B.PUMP 09:30 - 10:25 - ST2	OPEN BOX 09:00 - 09:55 - Box	CYCLING VIRTUAL 09:30 - 10:15 - CYC
09:00	CYCLING VIRTUAL 09:30 - 10:15 - CYC	B.COMBAT 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC	B.COMBAT 09:30 - 10:20 - ST1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	OPEN BOX 09:30 - 10:25 - Box
09:00	WOD 09:30 - 10:25 - Box	CYCLING VIRTUAL 09:30 - 10:15 - CYC	WOD 09:30 - 10:25 - Box	CYCLING VIRTUAL 09:30 - 10:15 - CYC	WOD 09:30 - 10:34 - Box		
09:00		PILATES 09:30 - 10:25 - ST1		HYBRID TRAINING 09:30 - 10:25 - Box			
09:00		WOD 09:30 - 10:25 - Box					
10:00	MANTENTE EN 10:00 - 10:25 - ST1 FORMA	B.BALANCE 10:30 - 11:25 - ST2	AQUADYNAMIC 10:00 - 10:45 - Piscina	AQUADYNAMIC 10:00 - 10:45 - Piscina	AQUADYNAMIC 10:00 - 10:45 - Piscina	OPEN BOX 10:00 - 10:55 - Box	CYCLING VIRTUAL 10:30 - 11:15 - CYC
10:00	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	MANTENTE EN 10:00 - 10:25 - ST1 FORMA	B.PUMP 10:30 - 11:25 - ST2	MANTENTE EN 10:00 - 10:25 - ST1 FORMA	CYCLING VIRTUAL 10:30 - 11:15 - CYC	OPEN BOX 10:30 - 11:25 - Box
10:00	HYBRID TRAINING 10:30 - 11:25 - Box	OPEN BOX 10:30 - 11:25 - Box	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC		
10:00	PILATES 10:30 - 11:25 - ST1		PILATES 10:30 - 11:25 - ST2	OPEN BOX 10:30 - 11:25 - Box	HYBRID TRAINING 10:30 - 11:25 - Box		
10:00			WOD 10:30 - 11:25 - Box		PILATES 10:30 - 11:25 - ST2		
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	OPEN BOX 11:00 - 11:55 - Box	AQUA HIIT 11:00 - 11:25 - Piscina
11:00	OPEN BOX 11:30 - 12:25 - Box	OPEN BOX 11:30 - 12:25 - Box	OPEN BOX 11:30 - 12:25 - Box	OPEN BOX 11:30 - 12:25 - Box	OPEN BOX 11:30 - 12:25 - Box	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
11:00							OPEN BOX 11:30 - 12:25 - Box
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	OPEN BOX 12:00 - 12:55 - Box	AQUA GYM 12:00 - 12:45 - Piscina
12:00	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	OPEN BOX 12:30 - 13:25 - Box	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC
12:00							OPEN BOX 12:30 - 13:25 - Box
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	OPEN BOX 13:00 - 13:55 - Box	CYCLING VIRTUAL 13:30 - 14:15 - CYC
13:00	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	CYCLING VIRTUAL 13:30 - 14:15 - CYC	OPEN BOX 13:30 - 14:25 - Box
14:00	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	OPEN BOX 14:00 - 14:55 - Box	
14:00	OPEN BOX 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box		
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		
16:00	OPEN BOX 16:00 - 16:55 - Box	OPEN BOX 16:00 - 16:55 - Box	OPEN BOX 16:00 - 16:55 - Box	OPEN BOX 16:00 - 16:55 - Box	OPEN BOX 16:00 - 16:55 - Box		

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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Horario de actividades dirigidas

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
17:00	B.BALANCE 17:00 - 17:55 - ST2	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC	B.BALANCE 17:00 - 17:55 - ST2	CYCLING VIRTUAL 17:00 - 17:45 - CYC		
	CYCLING VIRTUAL 17:00 - 17:45 - CYC	PILATES 17:00 - 17:50 - ST2	FUNCTIONAL 17:00 - 17:55 - Box TRAINING	CYCLING VIRTUAL 17:00 - 17:45 - CYC	HYBRID TRAINING 17:00 - 17:55 - Box		
	FUNCTIONAL 17:00 - 17:55 - Box TRAINING	WOD 17:00 - 17:55 - Box		WOD 17:00 - 17:55 - Box			
	ABDOMINALES 17:30 - 17:55 - ST1						
18:00	B.PUMP 18:00 - 18:55 - ST2	CYCLING VIRTUAL 18:00 - 18:45 - CYC	CYCLING VIRTUAL 18:00 - 18:45 - CYC	CYCLING VIRTUAL 18:00 - 18:45 - CYC	CICLO INDOOR 18:00 - 18:45 - CYC		
	CYCLING VIRTUAL 18:00 - 18:45 - CYC	GAP 18:00 - 18:25 - ST1	HIIT 18:00 - 18:45 - ST1	HIIT 18:00 - 18:45 - ST1	WOD 18:00 - 18:55 - Box		
	PILATES 18:00 - 18:55 - ST1	HYBRID TRAINING 18:00 - 18:55 - Box	PILATES 18:00 - 18:50 - ST2	HYBRID TRAINING 18:00 - 18:55 - Box	ABDOMINALES 18:30 - 18:55 - ST1		
	WOD 18:00 - 18:55 - Box	ZUMBA 18:00 - 18:55 - ST2	WOD 18:00 - 18:55 - Box	TONE 18:00 - 18:45 - ST2			
	AQUA GYM 18:30 - 19:15 - Piscina	ABDOMINALES 18:30 - 18:55 - ST1	AQUA GYM 18:30 - 19:15 - Piscina	AQUA GYM 18:30 - 19:15 - Piscina			
19:00	CICLO INDOOR 19:00 - 19:45 - CYC	AQUA GYM 19:00 - 19:45 - Piscina	CICLO INDOOR 19:00 - 19:45 - CYC	B.COMBAT 19:00 - 19:55 - ST2	B.PUMP 19:00 - 19:55 - ST2		
	WOD 19:00 - 19:55 - Box	CICLO INDOOR 19:00 - 19:45 - CYC	WOD 19:00 - 19:55 - Box	CICLO INDOOR 19:00 - 19:45 - CYC	CYCLING VIRTUAL 19:00 - 19:45 - CYC		
		HIIT 19:00 - 19:45 - ST2	ZUMBA 19:00 - 19:55 - ST2	WOD 19:00 - 19:55 - Box	WOD 19:00 - 19:55 - Box		
		WOD 19:00 - 19:55 - Box		YOGA 19:00 - 19:50 - ST1	AQUA GYM 19:15 - 20:00 - Piscina		
		YOGA 19:00 - 19:50 - ST1					
20:00	B.COMBAT 20:00 - 20:55 - ST2	B.PUMP 20:00 - 20:55 - ST2	B.PUMP 20:00 - 20:55 - ST2	B.PUMP 20:00 - 20:55 - ST2	CYCLING VIRTUAL 20:00 - 20:45 - CYC		
	CICLO INDOOR VIR 20:00 - 20:45 - CYC	CYCLING VIRTUAL 20:00 - 20:45 - CYC	CICLO INDOOR VIR 20:00 - 20:45 - CYC	CYCLING VIRTUAL 20:00 - 20:45 - CYC	OPEN BOX 20:00 - 20:55 - Box		
	WOD 20:00 - 20:55 - Box	WOD 20:00 - 20:55 - Box	WOD 20:00 - 20:55 - Box	WOD 20:00 - 20:55 - Box			
	AQUA GYM 20:15 - 21:00 - Piscina	AQUA GYM 20:30 - 21:15 - Piscina	AQUA GYM 20:15 - 21:00 - Piscina	AQUA GYM 20:15 - 21:00 - Piscina			
21:00	CYCLING VIRTUAL 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC		
	OPEN BOX 21:00 - 21:55 - Box	OPEN BOX 21:00 - 21:55 - Box	OPEN BOX 21:00 - 21:55 - Box	OPEN BOX 21:00 - 21:55 - Box	OPEN BOX 21:00 - 21:55 - Box		

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