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 ESPALDA SANA 08:30 - 09:15 - ST1	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC ESPALDA SANA 08:30 - 09:15 - ST1	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	CYCLING 09:30 - 10:15 - CYC TONE 09:30 - 10:25 - ST1 B.PUMP 10:30 - 11:25 - ST1	B.COMBAT 09:30 - 10:25 - ST1 CYCLING VIRTUAL 09:30 - 10:15 - CYC	B.PUMP 09:30 - 10:25 - ST1 CYCLING 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC ZUMBA 09:30 - 10:25 - ST1	CYCLING 09:30 - 10:15 - CYC PILATES 09:30 - 10:15 - ST1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	
10:00	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC PILATES 10:30 - 11:15 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC ZUMBA 10:30 - 11:25 - ST1	CYCLING 10:30 - 11:15 - CYC PILATES 10:30 - 11:15 - ST1	B.PUMP 10:30 - 11:25 - ST1 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - ST1	
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	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	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 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		
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	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC GAP 17:30 - 18:15 - ST1	CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC		
18:00	CYCLING VIRTUAL 18:00 - 18:45 - CYC B.COMBAT 18:30 - 19:25 - ST1	CYCLING VIRTUAL 18:00 - 18:45 - CYC PILATES 18:30 - 19:15 - ST1	CYCLING VIRTUAL 18:00 - 18:45 - CYC B.PUMP 18:30 - 19:25 - ST1	CYCLING VIRTUAL 18:00 - 18:45 - CYC ZUMBA 18:30 - 19:25 - ST1	CYCLING VIRTUAL 18:00 - 18:45 - CYC ZUMBA 18:00 - 18:55 - ST1		
19:00	CYCLING 19:00 - 19:45 - CYC B.PUMP 19:30 - 20:25 - ST1	CYCLING 19:00 - 19:45 - CYC ZUMBA 19:30 - 20:25 - ST1	CYCLING 19:00 - 19:45 - CYC B.COMBAT 19:30 - 20:25 - ST1	CYCLING 19:00 - 19:45 - CYC STEP 19:30 - 20:15 - ST1	B.PUMP 19:00 - 19:55 - ST1 CYCLING VIRTUAL 19:00 - 19:45 - CYC		
20:00	CYCLING 20:00 - 20:45 - CYC TONE 20:30 - 21:25 - ST1	CYCLING 20:00 - 20:45 - CYC STEP 20:30 - 21:15 - ST1	CYCLING 20:00 - 20:45 - CYC ATTACK 20:30 - 21:15 - ST1	CYCLING 20:00 - 20:45 - CYC B.PUMP 20:30 - 21:25 - ST1	CYCLING 20:00 - 20:45 - CYC		
21:00	CYCLING 21:00 - 21:45 - CYC	CYCLING 21:00 - 21:45 - CYC B.PUMP 21:15 - 22:10 - ST1	CYCLING VIRTUAL 21:00 - 21:45 - CYC	CYCLING 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas 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