

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		
08:00	CYCLING VIRTUAL 08:30 - 09:15 - CYC	B.BALANCE 08:30 - 09:25 - ST1		CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	CYCLING 09:30 - 10:20 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC		B.PUMP 09:30 - 10:25 - ST2	CYCLING 09:30 - 10:20 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	
	ESPALDA SANA 09:30 - 10:25 - ST1	GAP 09:30 - 10:25 - ST2		CYCLING VIRTUAL 09:30 - 10:15 - CYC	ESPALDA SANA 09:30 - 10:25 - ST1		
		PILATES 09:30 - 10:25 - ST1		PILATES 09:30 - 10:25 - ST1			
10:00	B.PUMP 10:30 - 11:25 - ST2	CYCLING 10:30 - 11:20 - CYC		CYCLING 10:30 - 11:20 - CYC	B.PUMP 10:30 - 11:25 - ST2	CYCLING VIRTUAL 10:30 - 11:15 - CYC	
	CYCLING VIRTUAL 10:30 - 11:15 - CYC	GIMNASIA SUAVE 10:30 - 11:25 - ST1		GIMNASIA SUAVE 10:30 - 11:25 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC		
	GIMNASIA SUAVE 10:30 - 11:25 - ST1				GIMNASIA SUAVE 10:30 - 11:25 - ST1		
11:00	B.BALANCE 11:30 - 12:25 - ST1				PILATES 11:30 - 12:25 - ST1		
12:00	B.COMBAT 12:30 - 13:25 - ST1	B.PUMP 12:30 - 13:25 - ST2		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		
14:00	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:20 - CYC		CYCLING VIRTUAL 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC		
17:00	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		
18:00	TONE 18:00 - 18:50 - ST1	B.PUMP 18:00 - 18:55 - ST2		GAP 18:00 - 18:55 - ST1	B.COMBAT 18:00 - 18:55 - ST2		
	CYCLING 18:30 - 19:20 - CYC	CYCLING 18:30 - 19:20 - CYC		CYCLING 18:30 - 19:20 - CYC			
19:00	GAP 19:15 - 20:10 - ST1	PILATES 19:15 - 20:10 - ST1		B.COMBAT 19:00 - 19:55 - ST2	B.PUMP 19:00 - 19:55 - ST2		
	ATTACK 19:30 - 19:55 - FUN	CYCLING VIRTUAL 19:30 - 20:15 - CYC		PILATES 19:15 - 20:10 - ST1			
	CYCLING VIRTUAL 19:30 - 20:15 - CYC	GAP 19:30 - 19:55 - FUN		ABDOMINALES 19:30 - 19:55 - FUN			
				CYCLING VIRTUAL 19:30 - 20:15 - CYC			
20:00	B.PUMP 20:00 - 20:55 - ST2	B.COMBAT 20:00 - 20:55 - ST2		B.PUMP 20:00 - 20:55 - ST2	CYCLING 20:15 - 21:05 - CYC		
	B.BALANCE 20:15 - 21:10 - ST1	B.BALANCE 20:15 - 21:10 - ST1		CYCLING 20:30 - 21:20 - CYC			
	CYCLING 20:30 - 21:20 - CYC	CYCLING 20:30 - 21:20 - CYC					
21:00	B.COMBAT 21:00 - 21:55 - ST2	ATTACK 21:15 - 22:10 - ST1		ZUMBA 21:00 - 21:55 - ST2	CYCLING VIRTUAL 21:30 - 22:15 - CYC		
	CYCLING VIRTUAL 21:30 - 22:20 - CYC	CYCLING VIRTUAL 21:30 - 22:20 - CYC		CYCLING VIRTUAL 21:30 - 22:15 - CYC			

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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