

# 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	YOGA 08:15 - 09:10 - Estudio	CYCLING VIRTUAL 08:30 - 09:15 - CYC	YOGA 08:15 - 09:10 - Estudio	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
	CYCLING VIRTUAL 08:30 - 09:15 - CYC	ESPALDA SANA 08:30 - 09:15 - Estudio	CYCLING VIRTUAL 08:30 - 09:15 - CYC	ESPALDA SANA 08:30 - 09:15 - Estudio	ESTIRAMIENTOS 08:30 - 09:15 - Estudio		
09:00	ABDOMINALES 09:15 - 09:30 - Fit 1	ABDOMINALES 09:15 - 09:30 - Fit 1	ABDOMINALES 09:15 - 09:30 - Fit 1	ABDOMINALES 09:15 - 09:30 - Fit 1	ABDOMINALES 09:15 - 09:30 - Fit 1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
	CYCLING 09:30 - 10:15 - CYC	B.PUMP 09:30 - 10:25 - Estudio	ESTIRAMIENTOS 09:30 - 09:55 - Fit 1	B.PUMP 09:30 - 10:25 - Estudio	CYCLING 09:30 - 10:15 - CYC		
	ESPALDA SANA 09:30 - 09:55 - Fit 1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	STONE 09:30 - 10:25 - Estudio Principal	CYCLING VIRTUAL 09:30 - 10:15 - CYC	PILATES NOVEL 09:30 - 10:15 - Fit 1		
10:00	ZUMBA 09:30 - 10:25 - Estudio	GLUTEOS 09:30 - 09:55 - Fit 1		FUNCTIONAL 09:30 - 10:15 - BOX	STONE 09:30 - 10:25 - Estudio		
	ABDOMINALES 10:15 - 10:30 - Fit 1	ABDOMINALES 10:15 - 10:30 - Fit 1	ABDOMINALES 10:15 - 10:30 - Fit 1	ABDOMINALES 10:15 - 10:30 - Fit 1	B.PUMP 10:30 - 11:25 - Estudio	B.PUMP 10:30 - 11:25 - Estudio	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	B.BALANCE 10:30 - 11:25 - Fit 1	B.COMBAT 10:30 - 11:25 - Fit 1	B.BALANCE 10:30 - 11:25 - Fit 1	B.COMBAT 10:30 - 11:25 - Fit 1	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	
	B.PUMP 10:30 - 11:25 - Estudio	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC	FUNCTIONAL 10:30 - 11:15 - BOX		
	CYCLING VIRTUAL 10:30 - 11:15 - CYC	PILATES 10:30 - 11:15 - Estudio Principal	FUNCTIONAL 10:30 - 11:15 - BOX	PILATES 10:30 - 11:15 - Estudio Principal	ZUMBA 10:30 - 11:25 - Fit 1		
11:00	FUNCTIONAL 10:30 - 11:15 - BOX		ZUMBA 10:30 - 11:25 - Estudio				
	ABDOMINALES 11:30 - 11:45 - Fit 1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:30 - 11:45 - Fit 1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:30 - 11:45 - Fit 1	CYCLING 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
12:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC	GAP 11:30 - 11:55 - Fit 1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ZUMBA 11:30 - 12:25 - Estudio	CYCLING VIRTUAL 11:30 - 12:15 - 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	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	CYCLING VIRTUAL 13:30 - 14:15 - CYC	
14:00	B.PUMP 14:30 - 15:25 - Estudio	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:25 - Estudio	CYCLING 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				
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	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	CYCLING VIRTUAL 16:30 - 17:15 - CYC	
17:00	B.PUMP 17:00 - 17:55 - Estudio	CYCLING VIRTUAL 17:30 - 18:15 - CYC	B.BALANCE 17:00 - 17:55 - Estudio	CYCLING VIRTUAL 17:30 - 18:15 - CYC		CYCLING VIRTUAL 17:30 - 18:15 - CYC	
	CYCLING VIRTUAL 17:30 - 18:15 - CYC	PILATES 17:30 - 18:15 - Fit 1	CYCLING VIRTUAL 17:30 - 18:15 - CYC	PILATES 17:30 - 18:15 - Fit 1			
	FUNCTIONAL 17:30 - 18:15 - BOX		FUNCTIONAL 17:30 - 18:15 - BOX				

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Centro



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	<b>B.COMBAT</b> 18:00 - 18:55 - Fit 1	<b>TRX</b> 18:00 - 18:25 - Fit 2	<b>TONE</b> 18:00 - 18:55 - Estudio	<b>B.PUMP</b> 18:00 - 18:55 - Estudio	<b>ZUMBA</b> 18:00 - 18:55 - Estudio Principal	<b>CYCLING VIRTUAL</b> 18:30 - 19:15 - CYC	
	<b>ZUMBA</b> 18:00 - 18:55 - Estudio	<b>ZUMBA</b> 18:00 - 18:55 - Estudio	<b>CYCLING</b> 18:30 - 19:15 - CYC	<b>CYCLING</b> 18:30 - 19:15 - CYC			
	<b>CROSSTRaining</b> 18:30 - 19:25 - BOX	<b>CYCLING</b> 18:30 - 19:15 - CYC		<b>GAP</b> 18:30 - 18:55 - Fit 1			
	<b>CYCLING</b> 18:30 - 19:15 - CYC	<b>FUNCTIONAL</b> 18:30 - 19:15 - BOX					
19:00	<b>ESPALDA SANA</b> 18:30 - 18:55 - Fit 2	<b>GAP</b> 18:30 - 18:55 - Fit 1					
	<b>B.BALANCE</b> 19:00 - 19:55 - Estudio	<b>TONE</b> 19:00 - 19:55 - Estudio	<b>B.COMBAT</b> 19:00 - 19:55 - Estudio	<b>GLUTEOS</b> 19:00 - 19:25 - Fit 1	<b>B.PUMP</b> 19:00 - 19:55 - Estudio Principal		
	<b>GAP</b> 19:00 - 19:45 - Fit 1	<b>ABDOMINALES</b> 19:30 - 19:45 - Fit 2	<b>CROSSTRaining</b> 19:00 - 19:55 - BOX	<b>ZUMBA</b> 19:00 - 19:55 - Estudio			
	<b>ABDOMINALES</b> 19:30 - 19:45 - Fit 2	<b>B.ATTACK</b> 19:30 - 20:15 - Fit 1	<b>ESPALDA SANA</b> 19:00 - 19:25 - Fit 1	<b>ABDOMINALES</b> 19:30 - 19:45 - Fit 2			
	<b>CROSSTRaining</b> 19:30 - 20:25 - BOX	<b>CROSSTRaining</b> 19:30 - 20:25 - BOX	<b>ABDOMINALES</b> 19:30 - 19:45 - Fit 2	<b>B.COMBAT</b> 19:30 - 20:25 - Fit 1			
	<b>CYCLING</b> 19:30 - 20:15 - CYC	<b>CYCLING</b> 19:30 - 20:15 - CYC	<b>CYCLING</b> 19:30 - 20:15 - CYC	<b>CROSSTRaining</b> 19:30 - 20:25 - BOX			
20:00	<b>B.PUMP</b> 20:00 - 20:55 - Estudio	<b>GLUTEOS</b> 20:00 - 20:25 - Fit 2	<b>B.PUMP</b> 20:00 - 20:55 - Estudio	<b>RUNNING</b> 20:00 - 20:55 - OUT	<b>B.BALANCE</b> 20:00 - 20:55 - Estudio		
	<b>TRX</b> 20:00 - 20:25 - Fit 2	<b>RUNNING</b> 20:00 - 20:55 - OUT	<b>FUNCTIONAL</b> 20:00 - 20:45 - BOX	<b>STEP</b> 20:00 - 20:45 - Estudio	<b>CYCLING</b> 20:00 - 20:45 - CYC		
	<b>ABDOMINALES</b> 20:30 - 20:45 - Fit 1	<b>STEP</b> 20:00 - 20:45 - Estudio	<b>TRX</b> 20:00 - 20:25 - Fit 2	<b>ABDOMINALES</b> 20:30 - 20:45 - Fit 2			
	<b>CYCLING</b> 20:30 - 21:15 - CYC	<b>ABDOMINALES</b> 20:30 - 20:45 - Fit 2	<b>ABDOMINALES</b> 20:30 - 20:45 - Fit 2	<b>ATTACK</b> 20:30 - 21:15 - Fit 1			
		<b>B.COMBAT</b> 20:30 - 21:25 - Fit 1	<b>CYCLING</b> 20:30 - 21:15 - CYC	<b>CYCLING</b> 20:30 - 21:15 - CYC			
		<b>CYCLING</b> 20:30 - 21:15 - CYC	<b>GAP</b> 20:30 - 21:15 - Fit 1				
21:00	<b>FUNCTIONAL</b> 21:00 - 21:45 - BOX	<b>B.PUMP</b> 21:00 - 21:55 - Estudio	<b>CYCLING VIRTUAL</b> 21:30 - 22:15 - CYC	<b>B.PUMP</b> 21:00 - 21:55 - Estudio	<b>CYCLING VIRTUAL</b> 21:00 - 21:45 - CYC		
	<b>TONE</b> 21:00 - 21:55 - Estudio	<b>CYCLING VIRTUAL</b> 21:30 - 22:15 - CYC		<b>FUNCTIONAL</b> 21:00 - 21:45 - BOX			
	<b>CYCLING VIRTUAL</b> 21:30 - 22:15 - CYC			<b>CYCLING VIRTUAL</b> 21:30 - 22:15 - CYC			