

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	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	B.PUMP 09:30 - 10:25 - ST2	B.BALANCE 09:30 - 10:25 - ST1	CYCLING VIRTUAL 09:30 - 10:15 - CYC	B.BALANCE 09:30 - 10:25 - ST1	B.PUMP 09:30 - 10:25 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:20 - CYC	PILATES 09:30 - 10:25 - ST1	CYCLING 09:30 - 10:20 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC		
	PILATES 09:30 - 10:25 - ST1		ZUMBA 09:30 - 10:25 - ST2		ZUMBA 09:30 - 10:25 - ST1		
10:00	CYCLING 10:30 - 11:25 - CYC	CARDIO EXTREME 10:00 - 10:30 - ST2	FUNCTIONAL 10:00 - 10:25 - FUN	CARDIO EXTREME 10:00 - 10:30 - ST2	CYCLING 10:30 - 11:20 - CYC	CYCLING 10:30 - 11:20 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	GIMNASIA SUAVE 10:30 - 11:25 - ST2	B.PUMP 10:30 - 11:25 - ST2	B.COMBAT 10:30 - 11:25 - ST1	B.PUMP 10:30 - 11:25 - ST2	GIMNASIA SUAVE 10:30 - 11:25 - ST2		
		CYCLING VIRTUAL 10:30 - 11:15 - CYC	GIMNASIA SUAVE 10:30 - 11:25 - ST2	CYCLING VIRTUAL 10:30 - 11:15 - CYC	PILATES 10:30 - 11:25 - ST1		
11:00	TRX 11:00 - 11:25 - ST1	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING 11:30 - 12:20 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:30 - 12:00 - FUN	B.PUMP 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC
	B.COMBAT 11:30 - 12:25 - ST1	GAP 11:30 - 12:00 - ST1	TRX 11:30 - 11:55 - FUN	FUNCTIONAL 11:30 - 12:00 - FUN	B.COMBAT 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	
	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ZUMBA 11:30 - 12:25 - ST2		ZUMBA 11:30 - 12:25 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC		
	ZUMBA 11:30 - 12:25 - ST2						
12:00	CYCLING VIRTUAL 12:30 - 13:15 - CYC	FUNCTIONAL 12:00 - 12:25 - FUN	ABDOMINALES 12:00 - 12:25 - FUN	ABDOMINALES 12:00 - 12:30 - FUN	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC
	FUNCTIONAL 12:30 - 12:55 - FUN	ABDOMINALES 12:30 - 12:55 - FUN	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC			
13:00	ABDOMINALES 13:00 - 13:25 - FUN	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	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	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	STEP 17:00 - 17:55 - ST1	LATINO 17:00 - 17:55 - ST2	STEP 17:00 - 17:55 - ST1	DANCEWITHME 17:00 - 17:55 - ST2	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	
	TAEKWONDO 17:00 - 17:55 - ST2	CYCLING VIRTUAL 17:30 - 18:15 - CYC	TAEKWONDO 17:00 - 17:55 - ST2	CYCLING VIRTUAL 17:30 - 18:15 - CYC			
	CYCLING VIRTUAL 17:30 - 18:15 - CYC	FUNCTIONAL 17:30 - 17:55 - FUN	CYCLING VIRTUAL 17:30 - 18:15 - CYC	FUNCTIONAL 17:30 - 17:55 - FUN			
	FUNCTIONAL 17:30 - 17:55 - FUN		FUNCTIONAL 17:30 - 17:55 - FUN				

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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Centro



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	ABDOMINALES 18:00 - 18:30 - FUN	CARDIO EXTREME 18:00 - 18:30 - ST1	ABDOMINALES 18:00 - 18:25 - FUN	CORE 18:00 - 18:30 - ST1	ZUMBA 18:00 - 18:50 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
	PILATES 18:00 - 18:55 - ST1	DANCEWITHME 18:00 - 18:55 - ST2	B.COMBAT 18:00 - 18:55 - ST1	LATINO 18:00 - 18:55 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC		
	TONE 18:00 - 18:55 - ST2	ESPALDA SANA 18:30 - 19:00 - ST1	TONE 18:00 - 18:55 - ST2	ESPALDA SANA 18:30 - 19:00 - ST1	FUNCTIONAL 18:30 - 19:00 - FUN		
	TRX 18:30 - 19:00 - FUN		TRX 18:30 - 18:55 - FUN				
19:00	CYCLING 19:00 - 19:50 - CYC	B.PUMP 19:00 - 19:55 - ST2	CYCLING 19:00 - 19:50 - CYC	B.COMBAT 19:00 - 19:55 - ST2	B.PUMP 19:00 - 19:55 - ST2		
	GAP 19:00 - 19:30 - ST1	CYCLING 19:00 - 19:50 - CYC	GAP 19:00 - 19:30 - ST1	CYCLING 19:00 - 19:50 - CYC	GAP 19:00 - 19:30 - ST1		
	ZUMBA 19:00 - 19:55 - ST2	PILATES 19:00 - 19:55 - ST1	ZUMBA 19:00 - 19:55 - ST2	PILATES 19:00 - 19:55 - ST1	CYCLING 19:30 - 20:20 - CYC		
	FUNCTIONAL 19:30 - 19:55 - FUN		FUNCTIONAL 19:30 - 19:55 - FUN				
20:00	ABDOMINALES 20:00 - 20:25 - FUN	B.COMBAT 20:00 - 20:55 - ST2	ABDOMINALES 20:00 - 20:25 - FUN	GAP 20:00 - 20:30 - ST1	ABDOMINALES 20:00 - 20:30 - FUN		
	B.BALANCE 20:00 - 20:55 - ST1	GAP 20:00 - 20:30 - ST1	B.BALANCE 20:00 - 20:55 - ST1	HIIT 20:00 - 20:25 - FUN	CYCLING VIRTUAL 20:30 - 21:15 - CYC		
	B.PUMP 20:00 - 20:55 - ST2	HIIT 20:00 - 20:25 - FUN	B.PUMP 20:00 - 20:55 - ST2	ZUMBA 20:00 - 20:55 - ST2			
	CYCLING 20:30 - 21:20 - CYC	CYCLING 20:30 - 21:20 - CYC	CYCLING 20:30 - 21:20 - CYC	ABDOMINALES 20:30 - 20:55 - FUN			
	GAP 20:30 - 20:55 - FUN	TRX 20:30 - 20:55 - FUN	FUNCTIONAL 20:30 - 20:55 - FUN	CARDIO EXTREME 20:30 - 21:00 - ST1			
21:00				CYCLING 20:30 - 21:20 - CYC			
	B.COMBAT 21:00 - 21:55 - ST2	CORE 21:00 - 21:30 - ST1	GAP 21:00 - 21:30 - ST2	B.PUMP 21:00 - 21:55 - ST2	CYCLING VIRTUAL 21:30 - 22:15 - CYC		
	FUNCTIONAL 21:00 - 21:25 - FUN	ZUMBA 21:00 - 21:55 - ST2	YOGA 21:00 - 21:55 - ST1	TRX 21:00 - 21:25 - FUN			
	YOGA 21:00 - 21:55 - ST1	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC			
	ABDOMINALES 21:30 - 21:55 - FUN	FUNCTIONAL 21:30 - 21:55 - FUN	TRX 21:30 - 22:00 - FUN	FUNCTIONAL 21:30 - 21:55 - FUN			
	CYCLING VIRTUAL 21:30 - 22:15 - CYC						