

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	PILATES 08:30 - 09:25 - ST2	CYCLING 08:30 - 09:15 - CYC	YOGA 08:30 - 09:25 - ST2	GAP 08:30 - 09:25 - ST2	ABDOMINALES 08:30 - 08:55 - ST2		
09:00	CYCLING 09:30 - 10:15 - CYC	ESPALDA SANA 09:30 - 10:25 - ST1	B.PUMP 09:30 - 10:25 - ST2	CROSSTRaining 09:30 - 10:25 - ST2	ESTIRAMIENTOS 09:00 - 09:25 - ST2		
	YOGA 09:30 - 10:23 - ST2	TONE 09:30 - 10:25 - ST2	CYCLING 09:30 - 10:15 - CYC		B.BALANCE 09:30 - 10:25 - ST2		
10:00			ESPALDA SANA 09:30 - 10:25 - ST2		CYCLING 09:30 - 10:15 - CYC		
	ABDOMINALES 10:30 - 10:55 - ST1	ABDOMINALES 10:30 - 10:55 - ST1	ABDOMINALES 10:00 - 10:25 - FUN	ABDOMINALES 10:00 - 10:25 - ST1	B.PUMP 10:30 - 11:25 - ST2	CYCLING 10:30 - 11:15 - CYC	
	B.COMBAT 10:30 - 11:25 - ST2	CYCLING 10:30 - 11:15 - CYC	B.COMBAT 10:30 - 11:25 - ST1	CYCLING 10:30 - 11:15 - CYC			
11:00	CYCLING 10:30 - 11:15 - CYC		CROSSTRaining 10:30 - 11:25 - ST2	STEP 10:30 - 11:25 - ST2			
	TRX 11:00 - 11:25 - FUN	YOGA 11:15 - 12:10 - ST1	ABDOMINALES 11:30 - 11:55 - ST1	YOGA 11:15 - 12:10 - ST1	B.COMBAT 11:30 - 12:25 - ST2		
	B.ATTACK 11:30 - 12:25 - ST1	B.PUMP 11:30 - 12:25 - ST2	ZUMBA 11:30 - 12:25 - ST2	B.PUMP 11:30 - 12:25 - ST2			
12:00	ZUMBA 11:30 - 12:25 - ST2						
	ABDOMINALES 12:30 - 12:55 - ST1		ESTIRAMIENTOS 12:00 - 12:25 - ST1		ABDOMINALES 12:30 - 12:55 - ST2		
13:00		ABDOMINALES 13:00 - 13:25 - ST1					
14:00	CROSSTRaining 14:30 - 15:25 - ST2	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:25 - ST2	B.COMBAT 14:30 - 15:25 - ST2	CYCLING 14:30 - 15:15 - CYC		
17:00	ESPALDA SANA 17:00 - 17:55 - ST1	B.PUMP 17:00 - 17:55 - ST2	B.PUMP 17:00 - 17:55 - ST2	B.PUMP 17:00 - 17:55 - ST2			
	CYCLING 17:30 - 18:15 - CYC	CYCLING 17:30 - 18:15 - CYC	CYCLING 17:30 - 18:15 - CYC	CYCLING 17:30 - 18:15 - CYC			
18:00	CROSSTRaining 18:00 - 18:55 - ST1	GAP 18:00 - 18:55 - ST2	GAP 18:00 - 18:55 - ST1	ZUMBA 18:00 - 18:55 - ST1	CYCLING 18:30 - 19:15 - CYC		
	YOGA 18:00 - 18:55 - ST2	CYCLING 18:30 - 19:15 - CYC	YOGA 18:00 - 18:55 - ST2				
	CYCLING 18:30 - 19:15 - CYC		CYCLING 18:30 - 19:15 - CYC				
19:00	PILATES 19:00 - 19:55 - ST1	CROSSTRaining 19:00 - 19:55 - ST2	B.PUMP 19:00 - 19:55 - ST2	B.COMBAT 19:00 - 19:55 - ST1	B.PUMP 19:00 - 19:55 - ST2		
	ZUMBA 19:00 - 19:55 - ST2	CYCLING 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - CYC	CROSSTRaining 19:00 - 19:55 - ST2	ABDOMINALES 19:30 - 19:55 - ST1		
	CYCLING 19:30 - 20:15 - CYC	ESTIRAMIENTOS 19:30 - 19:55 - ST1	ESTIRAMIENTOS 19:30 - 19:55 - ST1	CYCLING 19:30 - 20:15 - CYC			
20:00	B.PUMP 20:00 - 20:55 - ST2	ZUMBA 20:00 - 20:55 - ST2	ZUMBA 20:00 - 20:55 - ST2	B.PUMP 20:00 - 20:55 - ST2	CYCLING 20:30 - 21:15 - CYC		
	CYCLING 20:30 - 21:15 - CYC	CYCLING 20:30 - 21:15 - CYC	CYCLING 20:30 - 21:15 - CYC	CYCLING 20:30 - 21:15 - CYC			
21:00	B.COMBAT 21:00 - 21:55 - ST2	B.PUMP 21:00 - 21:55 - ST2	B.COMBAT 21:00 - 21:55 - ST2				

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

