# 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<br>FIT BOXING 07:30 - 08:00 - FUN | CYCLING VIRTUAL 07:30 - 08:15 - CYC | CYCLING VIRTUAL 07:30 - 08:15 - CYC<br>FIT BOXING 07:30 - 08:00 - FUN | CYCLING VIRTUAL 07:30 - 08:15 - CYC | | |
| 08:00 | CYCLING VIRTUAL 08:30 - 09:15 - CYC | ABDOMINALES 08:00 - 08:30 - FUN<br>CYCLING VIRTUAL 08:30 - 09:15 - CYC | CYCLING VIRTUAL 08:30 - 09:15 - CYC | ABDOMINALES 08:00 - 08:30 - FUN<br>CYCLING VIRTUAL 08:30 - 09:15 - CYC | CYCLING VIRTUAL 08:30 - 09:15 - CYC | | |
| 09:00 | B.PUMP 09:30 - 10:25 - ST2<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC<br>PILATES 09:30 - 10:25 - ST1 | B.BALANCE 09:30 - 10:25 - ST1<br>CYCLING 09:30 - 10:20 - CYC | CYCLING VIRTUAL 09:30 - 10:15 - CYC<br>PILATES 09:30 - 10:25 - ST1<br>ZUMBA 09:30 - 10:25 - ST2 | B.BALANCE 09:30 - 10:25 - ST1<br>CYCLING 09:30 - 10:20 - CYC | B.PUMP 09:30 - 10:25 - ST2<br>CYCLING VIRTUAL 09:30 - 10:15 - CYC<br>PILATES 09:30 - 10:25 - ST1 | CYCLING VIRTUAL 09:30 - 10:15 - CYC | CYCLING VIRTUAL 09:30 - 10:15 - CYC |
| 10:00 | FIT BOXING 10:00 - 10:30 - FUN<br>CYCLING 10:30 - 11:20 - CYC<br>MANTENTE EN FORMA 10:30 - 11:25 - ST2<br>YOGA 10:30 - 11:25 - ST1 | FUNCTIONAL 10:00 - 10:30 - FUN<br>B.PUMP 10:30 - 11:25 - ST2<br>CYCLING VIRTUAL 10:30 - 11:15 - CYC<br>GIMNASIA SUAVE 10:30 - 11:25 - ST1 | FUNCTIONAL 10:00 - 10:30 - FUN<br>CYCLING 10:30 - 11:20 - CYC<br>MANTENTE EN FORMA 10:30 - 11:25 - ST2<br>YOGA 10:30 - 11:25 - ST1 | FUNCTIONAL 10:00 - 10:30 - FUN<br>B.PUMP 10:30 - 11:25 - ST2<br>CYCLING VIRTUAL 10:30 - 11:15 - CYC<br>GIMNASIA SUAVE 10:30 - 11:25 - ST1 | CYCLING 10:30 - 11:20 - CYC<br>MANTENTE EN FORMA 10:30 - 11:25 - ST2 | CYCLING 10:30 - 11:20 - CYC | CYCLING VIRTUAL 10:30 - 11:15 - CYC |
| 11:00 | B.COMBAT 11:30 - 12:25 - ST1<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>ZUMBA 11:30 - 12:25 - ST2 | CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>FIT BOXING 11:30 - 12:00 - FUN<br>ZUMBA 11:30 - 12:25 - ST2 | B.COMBAT 11:30 - 12:25 - ST2<br>CORE 11:30 - 12:00 - ST1<br>CYCLING VIRTUAL 11:30 - 12:20 - CYC | CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>FIT BOXING 11:30 - 12:00 - FUN<br>ZUMBA 11:30 - 12:25 - ST2 | B.COMBAT 11:30 - 12:25 - ST2<br>CYCLING VIRTUAL 11:30 - 12:15 - CYC<br>ZUMBA 11:30 - 12:25 - ST2 | B.PUMP 11:30 - 12:25 - ST2<br>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<br>ZUMBA 12:30 - 13:25 - ST2 | 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 | 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 | FUNCTIONAL 15:00 - 15:30 - FUN<br>CYCLING VIRTUAL 15:30 - 16:15 - CYC | FIT BOXING 15:00 - 15:30 - FUN<br>CYCLING VIRTUAL 15:30 - 16:15 - CYC | FUNCTIONAL 15:00 - 15:30 - FUN<br>CYCLING VIRTUAL 15:30 - 16:15 - CYC | FIT BOXING 15:00 - 15:30 - FUN<br>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 | TAEKWONDO 17:00 - 17:55 - ST2<br>CYCLING VIRTUAL 17:30 - 18:15 - CYC<br>FUNCTIONAL 17:30 - 18:00 - FUN | LATINO 17:00 - 17:55 - ST2<br>CYCLING VIRTUAL 17:30 - 18:15 - CYC<br>FUNCTIONAL 17:30 - 18:00 - FUN | TAEKWONDO 17:00 - 17:55 - ST2<br>CYCLING VIRTUAL 17:30 - 18:15 - CYC<br>FIT BOXING 17:30 - 18:00 - FUN | CYCLING VIRTUAL 17:30 - 18:15 - CYC<br>FIT BOXING 17:30 - 18:00 - FUN | CYCLING VIRTUAL 17:30 - 18:15 - CYC | CYCLING VIRTUAL 17:30 - 18:15 - CYC | |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|---|
| 18:00 | ABDOMINALES 18:00 - 18:30 - FUN<br>MANTENTE EN FORMA 18:00 - 18:55 - ST2<br>PILATES 18:00 - 18:55 - ST1<br>FIT BOXING 18:30 - 19:00 - FUN | CARDIO EXTREME 18:00 - 18:30 - ST1<br>DANCEWITHME 18:00 - 18:55 - ST2<br>ESPALDA SANA 18:30 - 19:00 - ST1 | ABDOMINALES 18:00 - 18:30 - FUN<br>B.COMBAT 18:00 - 18:55 - ST1<br>MANTENTE EN FORMA 18:00 - 18:55 - ST2<br>FUNCTIONAL 18:30 - 19:00 - FUN | CORE 18:00 - 18:30 - ST1<br>DANCE 18:00 - 18:55 - ST2<br>ESPALDA SANA 18:30 - 19:00 - ST1 | ZUMBA 18:00 - 18:55 - ST2<br>CYCLING VIRTUAL 18:30 - 19:15 - CYC<br>GAP 18:30 - 19:00 - ST1 | CYCLING VIRTUAL 18:30 - 19:15 - CYC | |
| 19:00 | CYCLING 19:00 - 19:50 - CYC<br>GAP 19:00 - 19:30 - ST1<br>ZUMBA 19:00 - 19:55 - ST2<br>FUNCTIONAL 19:30 - 20:00 - FUN | B.PUMP 19:00 - 19:55 - ST2<br>CYCLING 19:00 - 19:50 - CYC<br>PILATES 19:00 - 19:55 - ST1 | CYCLING 19:00 - 19:50 - CYC<br>GAP 19:00 - 19:30 - ST1<br>ZUMBA 19:00 - 19:55 - ST2<br>FIT BOXING 19:30 - 20:00 - FUN | B.COMBAT 19:00 - 19:55 - ST2<br>CYCLING 19:00 - 19:50 - CYC<br>PILATES 19:00 - 19:50 - ST1 | B.PUMP 19:00 - 19:55 - ST2<br>FIT BOXING 19:00 - 19:30 - FUN<br>CYCLING 19:30 - 20:20 - CYC | | |
| 20:00 | ABDOMINALES 20:00 - 20:30 - FUN<br>B.BALANCE 20:00 - 20:55 - ST1<br>B.PUMP 20:00 - 20:55 - ST2<br>CYCLING 20:30 - 21:20 - CYC<br>GAP 20:30 - 21:00 - FUN | B.COMBAT 20:00 - 20:55 - ST2<br>GAP 20:00 - 20:30 - ST1<br>HIIT 20:00 - 20:30 - FUN<br>CYCLING 20:30 - 21:20 - CYC<br>FIT BOXING 20:30 - 21:00 - FUN | ABDOMINALES 20:00 - 20:30 - FUN<br>B.BALANCE 20:00 - 20:55 - ST1<br>B.PUMP 20:00 - 20:55 - ST2<br>CYCLING 20:30 - 21:20 - CYC<br>FUNCTIONAL 20:30 - 21:00 - FUN | GAP 20:00 - 20:30 - ST1<br>HIIT 20:00 - 20:30 - FUN<br>ZUMBA 20:00 - 20:55 - ST2<br>ABDOMINALES 20:30 - 21:00 - FUN<br>CARDIO EXTREME 20:30 - 21:00 - ST1<br>CYCLING 20:30 - 21:20 - CYC | ABDOMINALES 20:00 - 20:30 - FUN<br>CYCLING VIRTUAL 20:30 - 21:15 - CYC | | |
| 21:00 | B.COMBAT 21:00 - 21:55 - ST2<br>FUNCTIONAL 21:00 - 21:30 - FUN<br>YOGA 21:00 - 21:55 - ST1<br>ABDOMINALES 21:30 - 22:00 - FUN<br>CYCLING VIRTUAL 21:30 - 22:15 - CYC | CORE 21:00 - 21:30 - ST1<br>ZUMBA 21:00 - 21:50 - ST2<br>CYCLING VIRTUAL 21:30 - 22:15 - CYC<br>FUNCTIONAL 21:30 - 22:00 - FUN | GAP 21:00 - 21:30 - ST1<br>YOGA 21:00 - 21:55 - ST1<br>CYCLING VIRTUAL 21:30 - 22:15 - CYC | B.PUMP 21:00 - 21:55 - ST2<br>FIT BOXING 21:00 - 21:30 - FUN<br>CYCLING VIRTUAL 21:30 - 22:15 - CYC | CYCLING VIRTUAL 21:30 - 22:15 - CYC | | |

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