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 Principal CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC ESPALDA SANA 08:30 - 09:15 - Estudio Principal	YOGA 08:15 - 09:10 - Estudio Principal CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC ESPALDA SANA 08:30 - 09:15 - Estudio Principal	YOGA 08:15 - 09:10 - Estudio Principal CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	ABDOMINALES 09:00 - 09:15 - Fit 1 CYCLING 09:30 - 10:15 - CYC ESPALDA SANA 09:30 - 09:55 - Fit 1 TONE 09:30 - 10:25 - Estudio Principal	ABDOMINALES 09:00 - 09:15 - Fit 1 B.COMBAT 09:30 - 10:25 - Estudio Principal CYCLING VIRTUAL 09:30 - 10:15 - CYC ESTIRAMIENTOS 09:30 - 09:55 - Fit 1 FUNCTIONAL 09:30 - 10:15 - BOX	ABDOMINALES 09:00 - 09:15 - Fit 1 CYCLING 09:30 - 10:15 - CYC PILATES NOVEL 09:30 - 10:15 - Fit 1 ZUMBA 09:30 - 10:25 - Estudio Principal	ABDOMINALES 09:00 - 09:15 - Fit 1 B.PUMP 09:30 - 10:25 - Estudio Principal CYCLING VIRTUAL 09:30 - 10:15 - CYC FUNCTIONAL 09:30 - 10:15 - BOX GLUTEOS 09:30 - 09:55 - Fit 1	ABDOMINALES 09:00 - 09:15 - Fit 1 CYCLING 09:30 - 10:15 - CYC PILATES NOVEL 09:30 - 10:15 - Fit 1 ZUMBA 09:30 - 10:25 - Estudio Principal	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
10:00	B.COMBAT 10:00 - 10:55 - Fit 1 B.PUMP 10:30 - 11:25 - Estudio Principal CYCLING VIRTUAL 10:30 - 11:15 - CYC FUNCTIONAL 10:30 - 11:15 - BOX	ABDOMINALES 10:00 - 10:15 - Fit 1 CYCLING 10:30 - 11:15 - CYC PILATES NOVEL 10:30 - 11:15 - Fit 1 ZUMBA 10:30 - 11:25 - Estudio Principal	B.PUMP 10:30 - 11:25 - Estudio Principal CYCLING VIRTUAL 10:30 - 11:15 - CYC FUNCTIONAL 10:30 - 11:15 - BOX	ABDOMINALES 10:00 - 10:15 - Fit 1 CYCLING 10:30 - 11:15 - CYC PILATES NOVEL 10:30 - 11:15 - Fit 1 TONE 10:30 - 11:25 - Estudio Principal	ABDOMINALES 10:00 - 10:15 - Fit 2 B.COMBAT 10:30 - 11:25 - Fit 1 B.PUMP 10:30 - 11:25 - Estudio Principal CYCLING VIRTUAL 10:30 - 11:15 - CYC FUNCTIONAL 10:30 - 11:15 - BOX	B.PUMP 10:30 - 11:25 - Estudio Principal CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
11:00	ABDOMINALES 11:00 - 11:15 - Fit 1 CYCLING VIRTUAL 11:30 - 12:15 - CYC GLUTEOS 11:30 - 11:55 - Fit 1 ZUMBA 11:30 - 12:25 - Estudio Principal	B.PUMP 11:30 - 12:25 - Estudio Principal CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:00 - 11:15 - Fit 1 CYCLING VIRTUAL 11:30 - 12:15 - CYC GLUTEOS 11:30 - 11:55 - Estudio Principal	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING 11:30 - 12:25 - Estudio Principal	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	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		
14:00	B.PUMP 14:30 - 15:25 - Estudio Principal CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:25 - Estudio Principal CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING 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 Principal CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 18:15 - BOX	FUNCTIONAL 17:00 - 17:45 - BOX CYCLING VIRTUAL 17:30 - 18:15 - CYC TONE 17:30 - 18:15 - Estudio Principal	B.PUMP 17:00 - 17:55 - Estudio Principal CYCLING VIRTUAL 17:30 - 18:15 - CYC	FUNCTIONAL 17:00 - 17:45 - BOX CYCLING VIRTUAL 17:30 - 18:15 - CYC TONE 17:30 - 18:15 - Estudio Principal	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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Horario
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Centro

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
18:00	PILATES 18:00 - 18:45 - Estudio Principal STEP FUNCIONAL 18:00 - 18:45 - Fit 1 TRX 18:00 - 18:25 - Fit 2 CROSSTRAINING 18:30 - 19:25 - BOX CYCLING 18:30 - 19:15 - CYC	GLOBAL FITNESS 18:00 - 18:45 - BOX CROSSTRAINING 18:30 - 19:25 - BOX CYCLING 18:30 - 19:15 - CYC ZUMBA 18:30 - 19:25 - Estudio Principal	FUNCTIONAL 18:00 - 18:45 - BOX PILATES 18:00 - 18:45 - Estudio Principal CYCLING 18:30 - 19:15 - CYC	GLOBAL FITNESS 18:00 - 18:45 - Fit 1 CROSSTRAINING 18:30 - 19:25 - BOX CYCLING 18:30 - 19:15 - CYC ZUMBA 18:30 - 19:25 - Estudio Principal	ZUMBA 18:00 - 18:45 - Estudio Principal ABDOMINALES 18:30 - 18:45 - Fit 1 CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	ABDOMINALES 19:00 - 19:15 - Fit 1 B.COMBAT 19:00 - 19:55 - Fit 1 ZUMBA 19:00 - 19:45 - Estudio Principal CROSSTRAINING 19:30 - 20:25 - BOX CYCLING 19:30 - 20:15 - CYC GLUTEOS 19:30 - 19:55 - Fit 1	ABDOMINALES 19:00 - 19:15 - Fit 1 B.BALANCE 19:30 - 20:25 - Estudio Principal B.COMBAT 19:30 - 20:25 - Fit 1 CROSSTRAINING 19:30 - 20:25 - BOX CYCLING 19:30 - 20:15 - CYC RUNNING 19:30 - 19:55 - OUT	ABDOMINALES 19:00 - 19:15 - Fit 2 B.COMBAT 19:00 - 19:55 - Estudio Principal CROSSTRAINING 19:00 - 19:55 - BOX DANCE 19:00 - 19:45 - Fit 1 CYCLING 19:30 - 20:15 - CYC GLUTEOS 19:30 - 19:55 - Fit 2	ABDOMINALES 19:00 - 19:15 - Fit 1 B.BALANCE 19:30 - 20:25 - Fit 1 B.PUMP 19:30 - 20:25 - Estudio Principal CROSSTRAINING 19:30 - 20:25 - BOX CYCLING 19:30 - 20:15 - CYC GLUTEOS 19:30 - 19:55 - Fit 2 RUNNING 19:30 - 19:55 - OUT	B.PUMP 19:00 - 19:55 - Estudio Principal CROSSTRAINING 19:00 - 19:55 - BOX		
20:00	ABDOMINALES 20:00 - 20:15 - Fit 1 HIIT 20:00 - 20:25 - Fit 1 B.PUMP 20:30 - 21:25 - Estudio Principal CYCLING 20:30 - 21:15 - CYC FUNCTIONAL 20:30 - 21:15 - BOX	ABDOMINALES 20:00 - 20:15 - Fit 2 RUNNING 20:00 - 20:55 - OUT B.PUMP 20:30 - 21:25 - Estudio Principal CYCLING 20:30 - 21:15 - CYC HIIT 20:30 - 20:55 - BOX	ABDOMINALES 20:00 - 20:15 - Fit 1 B.PUMP 20:00 - 20:55 - Estudio Principal CROSSTRAINING 20:00 - 20:55 - BOX STEP FUNCIONAL 20:00 - 20:45 - Fit 1 CYCLING 20:30 - 21:15 - CYC	ABDOMINALES 20:00 - 20:15 - Fit 2 RUNNING 20:00 - 20:55 - OUT B.COMBAT 20:30 - 21:25 - Fit 1 CYCLING 20:30 - 21:15 - CYC FUNCTIONAL 20:30 - 21:15 - BOX	CYCLING 20:00 - 20:45 - CYC YOGA 20:00 - 20:55 - Estudio Principal		
21:00	CYCLING VIRTUAL 21:30 - 22:15 - CYC	FUNCTIONAL 21:00 - 21:45 - BOX CYCLING VIRTUAL 21:30 - 22:15 - CYC	FUNCTIONAL 21:00 - 21:45 - Estudio Principal CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC		

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