# Horario
## de actividades dirigidas

Centro — Horario Completo

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|---|
| 09:00 | PILATES 09:30 - 10:10 - ST1 | GIMNASIA SUAVE 09:30 - 10:10 - ST1 | PILATES 09:30 - 10:10 - ST1 | GIMNASIA SUAVE 09:30 - 10:10 - ST2 | TONE 09:30 - 10:10 - ST2 | | |
| 10:00 | B.PUMP 10:30 - 11:10 - ST2<br>CYCLING VIRTUAL 10:30 - 11:10 - CYC | CYCLING 10:30 - 11:10 - CYC | CYCLING VIRTUAL 10:30 - 11:10 - CYC<br>GAP 10:30 - 11:10 - ST2 | CYCLING 10:30 - 11:10 - CYC | B.PUMP 10:30 - 11:10 - ST2<br>CYCLING VIRTUAL 10:30 - 11:10 - CYC | CYCLING VIRTUAL 10:30 - 11:10 - CYC | CYCLING VIRTUAL 10:30 - 11:10 - CYC |
| 11:00 | GAP 11:30 - 12:10 - ST2 | PILATES 11:30 - 12:10 - ST1 | B.PUMP 11:30 - 12:10 - ST2 | ZUMBA 11:30 - 12:10 - ST1 | PILATES 11:30 - 12:10 - ST1 | B.PUMP 11:00 - 11:40 - ST2 | |
| 12:00 | B.COMBAT 12:30 - 13:10 - ST1 | B.PUMP 12:30 - 13:10 - ST2 | B.COMBAT 12:30 - 13:10 - ST1 | | | | |
| 14:00 | CYCLING VIRTUAL 14:30 - 15:10 - CYC | CYCLING VIRTUAL 14:30 - 15:10 - CYC | CYCLING VIRTUAL 14:30 - 15:10 - CYC | CYCLING VIRTUAL 14:30 - 15:10 - CYC | CYCLING VIRTUAL 14:30 - 15:10 - CYC | | |
| 18:00 | STEP 18:00 - 18:40 - ST2<br>CYCLING 18:30 - 19:10 - CYC | B.PUMP 18:00 - 18:40 - ST2 | PILATES 18:00 - 18:40 - ST1<br>CYCLING VIRTUAL 18:30 - 19:10 - CYC | GAP 18:00 - 18:40 - ST1<br>CYCLING VIRTUAL 18:30 - 19:10 - CYC | | CYCLING VIRTUAL 18:30 - 19:10 - CYC | |
| 19:00 | PILATES 19:00 - 19:40 - ST1 | B.BALANCE 19:00 - 19:40 - ST1<br>CYCLING 19:30 - 20:10 - CYC | B.COMBAT 19:00 - 19:40 - ST2 | B.COMBAT 19:00 - 19:40 - ST2 | B.PUMP 19:00 - 19:40 - ST2 | | |
| 20:00 | B.PUMP 20:00 - 20:40 - ST2<br>CYCLING 20:30 - 21:10 - CYC | B.COMBAT 20:00 - 20:40 - ST2 | CYCLING 20:00 - 20:40 - CYC | YOGA 20:00 - 20:40 - ST1 | CYCLING 20:00 - 20:40 - CYC | | |
| 21:00 | B.COMBAT 21:00 - 21:40 - ST2<br>CYCLING VIRTUAL 21:30 - 22:10 - CYC | ZUMBA 21:00 - 21:40 - ST1<br>CYCLING VIRTUAL 21:30 - 22:10 - CYC | B.PUMP 21:00 - 21:40 - ST2 | CYCLING 21:00 - 21:40 - CYC | | | |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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