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 - 10:10 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:10 - ST1	B.BALANCE 09:30 - 10:10 - ST1 CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:10 - ST1 ZUMBA 09:30 - 10:10 - ST2	B.BALANCE 09:30 - 10:10 - ST1 CYCLING VIRTUAL 09:30 - 10:15 - CYC	B.PUMP 09:30 - 10:10 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
10:00	CYCLING 10:30 - 11:15 - CYC YOGA 10:30 - 11:10 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC MANTENTE EN FORMA 10:30 - 11:10 - ST2	CYCLING 10:30 - 11:15 - CYC YOGA 10:30 - 11:10 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC MANTENTE EN FORMA 10:30 - 11:10 - ST2	CYCLING 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC ZUMBA 11:30 - 12:10 - ST2	B.COMBAT 11:30 - 12:10 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:10 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.COMBAT 11:30 - 12:10 - ST2 CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC ZUMBA 11:30 - 12:10 - ST2	B.PUMP 11:30 - 12:10 - ST2 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	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	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	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	
18:00	MANTENTE EN FORMA 18:00 - 18:40 - ST2 FIT BOXING 18:30 - 18:55 - FUN	DANCE 18:00 - 18:40 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC FUNCTIONAL 18:30 - 18:55 - ST1	MANTENTE EN FORMA 18:00 - 18:40 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC FUNCTIONAL 18:30 - 18:55 - ST1	CYCLING VIRTUAL 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	CYCLING 19:00 - 19:45 - CYC ZUMBA 19:00 - 19:40 - ST2	B.COMBAT 19:00 - 19:40 - ST2 PILATES 19:00 - 19:40 - ST1 CYCLING VIRTUAL 19:30 - 20:15 - CYC	ZUMBA 19:00 - 19:40 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC	B.COMBAT 19:00 - 19:40 - ST2 PILATES 19:00 - 19:40 - ST1 CYCLING VIRTUAL 19:30 - 20:15 - CYC	B.PUMP 19:00 - 19:40 - ST2		
20:00	B.BALANCE 20:00 - 20:40 - ST1 B.PUMP 20:00 - 20:40 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC	GAP 20:00 - 20:25 - ST1 ZUMBA 20:00 - 20:40 - ST2 CYCLING 20:30 - 21:15 - CYC	B.BALANCE 20:00 - 20:40 - ST1 B.PUMP 20:00 - 20:40 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC	ESPALDA SANA 20:00 - 20:25 - ST1 ZUMBA 20:00 - 20:40 - ST2 CYCLING 20:30 - 21:15 - CYC	CYCLING 20:00 - 20:45 - CYC		
21:00	CORE 21:00 - 21:25 - ST2 YOGA 21:00 - 21:40 - ST1 CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CORE 21:00 - 21:25 - ST2 YOGA 21:00 - 21:40 - ST1 CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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