Horario
de actividades dirigidas

Centro — Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC	CYCLING VIRTUAL 07:30 - 08:10 - CYC		
08:00	CYCLING VIRTUAL 08:30 - 09:10 - CYC SYNRGY360 08:30 - 08:55 - FIT	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC	CYCLING VIRTUAL 08:30 - 09:10 - CYC		
09:00	B.PUMP 09:30 - 10:15 - ST2 CYCLING VIRTUAL 09:30 - 10:10 - CYC	AQUA HIIT 09:30 - 09:55 - Piscina B.COMBAT 09:30 - 10:15 - ST2 CYCLING VIRTUAL 09:30 - 10:10 - CYC	ABDOMINALES 09:30 - 09:55 - ST1 CYCLING 09:30 - 10:15 - CYC	AQUA HIIT 09:30 - 09:55 - Piscina B.COMBAT 09:30 - 10:15 - ST2 CYCLING VIRTUAL 09:30 - 10:10 - CYC	B.PUMP 09:30 - 10:15 - ST2 CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC	CYCLING VIRTUAL 09:30 - 10:10 - CYC
10:00	AQUA GYM 10:00 - 10:45 - Piscina CYCLING VIRTUAL 10:30 - 11:10 - CYC ZUMBA 10:30 - 11:15 - ST2	B.PUMP 30 10:30 - 10:55 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC	AQUA GYM 10:00 - 10:45 - Piscina CYCLING VIRTUAL 10:30 - 11:15 - CYC	B.PUMP 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC	AQUA GYM 10:00 - 10:45 - Piscina B.COMBAT 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC AQUA PILATES 10:45 - 11:30 - Piscina	AQUA HIIT 10:00 - 10:25 - Piscina B.PUMP 10:30 - 11:15 - ST2 CYCLING VIRTUAL 10:30 - 11:10 - CYC	AQUAZUMBA 10:00 - 10:45 - Piscina CYCLING VIRTUAL 10:30 - 11:10 - CYC
11:00	AQUA HIIT 11:00 - 11:45 - Piscina CYCLING VIRTUAL 11:30 - 12:10 - CYC YOGA 11:30 - 12:15 - ST2	AQUA PILATES 11:00 - 11:45 - Piscina CYCLING VIRTUAL 11:30 - 12:10 - CYC ZUMBA 11:30 - 12:15 - ST2	AQUA HIIT 11:00 - 11:45 - Piscina YOGA 11:00 - 11:45 - ST2 CYCLING VIRTUAL 11:30 - 12:10 - CYC	AQUA PILATES 11:00 - 11:45 - Piscina CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:10 - CYC ZUMBA 11:30 - 12:00 - ST2	AQUA GYM 11:30 - 12:15 - Piscina CYCLING 11:30 - 12:00 - CYC	AQUA GYM 11:00 - 11:45 - Piscina CYCLING VIRTUAL 11:30 - 12:10 - CYC
12:00	AQUA GYM 12:30 - 13:15 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:00 - 12:45 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:30 - 13:15 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:00 - 12:45 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	ABDOMINALES 12:00 - 12:25 - ST1 AQUA GYM 12:30 - 13:15 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	ABDOMINALES 12:00 - 12:25 - ST1 AQUA GYM 12:30 - 13:15 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC	AQUA GYM 12:00 - 12:45 - Piscina CYCLING VIRTUAL 12:30 - 13:10 - CYC
13:00	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:10 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	
14:00	AQUA GYM 14:15 - 15:00 - Piscina B.PUMP 14:30 - 15:15 - ST2 CYCLING VIRTUAL 14:30 - 15:10 - CYC	ABDOMINALES 14:30 - 14:55 - ST1 AQUA HIIT 14:30 - 14:55 - Piscina CYCLING VIRTUAL 14:30 - 15:10 - CYC	AQUA GYM 14:15 - 15:00 - Piscina B.COMBAT 14:30 - 15:15 - ST2 CYCLING VIRTUAL 14:30 - 15:10 - CYC	ABDOMINALES 14:30 - 14:55 - ST1 AQUA HIIT 14:30 - 14:55 - Piscina CYCLING VIRTUAL 14:30 - 15:10 - CYC	AQUA GYM 14:15 - 15:00 - Piscina CYCLING VIRTUAL 14:30 - 15:10 - CYC SYNRGY360 14:30 - 14:55 - FIT	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
15:00	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:10 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	
16:00	ABDOMINALES 16:30 - 16:55 - ST1 CYCLING 16:30 - 17:00 - CYC	ABDOMINALES 16:30 - 16:55 - ST1 CYCLING 16:30 - 17:00 - CYC	ABDOMINALES 16:30 - 16:55 - ST1	CYCLING VIRTUAL 16:30 - 17:10 - CYC SYNRGY360 16:30 - 16:55 - FIT	ABDOMINALES 16:30 - 16:55 - ST1 CYCLING VIRTUAL 16:30 - 17:10 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	
17:00	B.COMBAT 17:00 - 17:45 - ST2 CYCLING 17:15 - 17:45 - CYC	YOGA 17:00 - 17:45 - ST2 CYCLING 17:15 - 17:45 - CYC	CYCLING 17:00 - 17:45 - CYC	ZUMBA 17:00 - 17:45 - ST2	B.PUMP 17:00 - 17:45 - ST2		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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