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	CYCLING VIRTUAL 09:30 - 10:15 - CYC ZUMBA 09:30 - 10:15 - Estudio Principal	ESPALDA SANA 09:00 - 09:25 - Estudio CYCLING VIRTUAL 09:30 - 10:15 - CYC FUNCTIONAL 09:30 - 10:15 - Estudio	CYCLING VIRTUAL 09:30 - 10:15 - CYC ZUMBA 09:30 - 10:15 - Estudio Principal	ESPALDA SANA 09:00 - 09:25 - Estudio CYCLING VIRTUAL 09:30 - 10:15 - CYC FUNCTIONAL 09:30 - 10:15 - Estudio	ABDOMINALES 09:00 - 09:15 - Estudio CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
10:00	B.PUMP 10:30 - 11:15 - Estudio CYCLING VIRTUAL 10:30 - 11:15 - CYC	B.BALANCE 10:30 - 11:15 - Estudio CYCLING 10:30 - 11:15 - CYC	B.PUMP 10:30 - 11:15 - Estudio CYCLING VIRTUAL 10:30 - 11:15 - CYC	B.BALANCE 10:30 - 11:15 - Estudio CYCLING 10:30 - 11:15 - CYC	ABDOMINALES 10:00 - 10:15 - Estudio B.PUMP 10:30 - 11:15 - Estudio CYCLING VIRTUAL 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	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:15 - Estudio 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 14:30 - 15:15 - CYC	B.PUMP 14:30 - 15:15 - Estudio 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 15:15 - 16:00 - CYC	CYCLING VIRTUAL 15:15 - 16:00 - CYC	CYCLING VIRTUAL 15:15 - 16:00 - CYC	CYCLING VIRTUAL 15:15 - 16:00 - CYC	CYCLING VIRTUAL 15:15 - 16:00 - CYC	CYCLING VIRTUAL 15:15 - 16:00 - CYC	
16:00	CYCLING 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:15 - 17:00 - CYC	CYCLING 16:00 - 16:45 - CYC	CYCLING VIRTUAL 16:15 - 17:00 - CYC	B.PUMP 16:00 - 16:45 - Estudio CYCLING VIRTUAL 16:15 - 17:00 - CYC	CYCLING VIRTUAL 16:15 - 17:00 - CYC	
17:00	B.PUMP 17:00 - 17:45 - Estudio CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC ZUMBA 17:00 - 17:45 - Estudio	B.COMBAT 17:00 - 17:45 - Estudio CYCLING VIRTUAL 17:00 - 17:45 - CYC	B.PUMP 17:00 - 17:45 - Estudio CYCLING VIRTUAL 17:00 - 17:45 - CYC	CYCLING 17:00 - 17:45 - CYC	CYCLING VIRTUAL 17:00 - 17:45 - CYC	
19:00	GAP LIVE 19:00 - 19:45 - Estudio Principal	ZUMBA LIVE 19:00 - 19:45 - Estudio Principal	BODYCOMBAT LIVE 19:00 - 19:45 - Estudio Principal	BODYATTACK LIVE 19:00 - 19:45 - Estudio Principal	BODYBALANCE LIVE 19:00 - 19:45 - Estudio Principal		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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