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		
09:00	CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:20 - ST2 PILATES LIVE 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC GIMNASIA SUAVE 09:30 - 10:20 - ST2 GIMNASIA SUAVE 09:30 - 10:20 - ST2 LIVE	CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:20 - ST2 PILATES LIVE 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC GIMNASIA SUAVE 09:30 - 10:20 - ST2 GIMNASIA SUAVE 09:30 - 10:20 - ST2 LIVE	CYCLING VIRTUAL 09:30 - 10:15 - CYC TONE 09:30 - 10:20 - ST2 TONE LIVE 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
10:00	B.PUMP 10:30 - 11:20 - ST2 BODYPUMP LIVE 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:20 - CYC ESTIRAMIENTOS 10:30 - 10:55 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC GAP 10:30 - 11:20 - ST2 GAP LIVE 10:30 - 11:20 - ST2	CYCLING 10:30 - 11:20 - CYC ESTIRAMIENTOS 10:30 - 10:55 - ST1	B.PUMP 10:30 - 11:20 - ST2 BODYPUMP LIVE 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	B.PUMP 10:30 - 11:20 - ST2 CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
11:00	GAP 11:30 - 12:20 - ST2 GAP LIVE 11:30 - 12:20 - ST2	ABDOMINALES 11:00 - 11:25 - ST1 YOGA 11:30 - 12:20 - ST2 YOGA LIVE 11:30 - 12:20 - ST2	B.PUMP 11:30 - 12:20 - ST2 BODYPUMP LIVE 11:30 - 12:20 - ST2	GAP 11:30 - 12:20 - ST2 GAP LIVE 11:30 - 12:20 - ST2	PILATES 11:30 - 12:20 - ST2 PILATES LIVE 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
12:00	TÃ• BATA 12:30 - 12:55 - ST1	GAP 12:30 - 12:55 - ST1	ABDOMINALES 12:30 - 12:55 - ST1		ABDOMINALES 12:30 - 12:55 - ST1	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC
14:00	CYCLING 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC HIIT 14:30 - 14:55 - ST1	CYCLING 14:30 - 15:20 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC HIIT 14:30 - 14:55 - ST1	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
15:00		ABDOMINALES 15:00 - 15:25 - ST1		ABDOMINALES 15:00 - 15:25 - ST1		CYCLING VIRTUAL 15:30 - 16:15 - CYC	
18:00	CYCLING 18:30 - 19:20 - CYC HIIT 18:30 - 18:55 - ST2	B.PUMP 18:30 - 19:20 - ST2 BODYPUMP LIVE 18:30 - 19:20 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	ABDOMINALES 18:00 - 18:25 - ST1 CYCLING VIRTUAL 18:30 - 19:15 - CYC HIIT 18:30 - 18:55 - ST1 PILATES 18:30 - 19:20 - ST2 PILATES LIVE 18:30 - 19:20 - ST2	GAP 18:00 - 18:25 - ST1 B.PUMP 18:30 - 19:20 - ST2 BODYPUMP LIVE 18:30 - 19:20 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	ABDOMINALES 18:00 - 18:25 - ST1 CYCLING VIRTUAL 18:30 - 19:15 - CYC PILATES 18:30 - 19:20 - ST2 PILATES LIVE 18:30 - 19:20 - ST2	CYCLING VIRTUAL 15:30 - 16:15 - CYC CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	GAP 19:00 - 19:25 - ST2 B.COMBAT 19:30 - 20:20 - ST2 BODYCOMBAT LIVE 19:30 - 20:20 - ST2 CYCLING VIRTUAL 19:30 - 20:20 - CYC	CYCLING 19:30 - 20:20 - CYC TÃ• BATA 19:30 - 19:55 - ST2	B.COMBAT 19:30 - 20:20 - ST2 BODYCOMBAT LIVE 19:30 - 20:20 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:20 - CYC TÃ• BATA 19:30 - 19:55 - ST2	B.PUMP 19:30 - 20:20 - ST2 BODYPUMP LIVE 19:30 - 20:20 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC		
20:00	B.PUMP 20:30 - 21:20 - ST2 BODYPUMP LIVE 20:30 - 21:20 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC	GAP 20:00 - 20:25 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC ZUMBA 20:30 - 21:20 - ST2	CYCLING 20:30 - 21:20 - CYC GAP 20:30 - 20:55 - ST2	ABDOMINALES 20:00 - 20:25 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC ZUMBA 20:30 - 21:20 - ST2	CYCLING VIRTUAL 20:30 - 21:15 - CYC		
21:00	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	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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