

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

Presencial Online Acuáticas Virtuales

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