

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:00 - 07:45 - CYC		CYCLING VIRTUAL 07:00 - 07:45 - CYC		CYCLING VIRTUAL 07:00 - 07:45 - CYC		
08:00	PILATES 08:30 - 09:20 - ST2	ABDOMINALES 08:30 - 08:55 - ST1	ESPALDA SANA 08:30 - 09:20 - ST2	YOGA 08:30 - 09:20 - ST2	ABDOMINALES 08:30 - 08:55 - ST1		
09:00	CYCLING 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:15 - CYC	ABDOMINALES 09:00 - 09:25 - ST1	CYCLING 09:30 - 10:15 - CYC		
	GAP 09:30 - 10:20 - ST2		TONE 09:30 - 10:00 - ST2	B.PUMP 09:30 - 10:20 - ST2			
10:00				CYCLING VIRTUAL 09:30 - 10:15 - CYC			
	B.COMBAT 10:30 - 11:20 - ST2	B.PUMP 10:30 - 11:20 - ST2	ABDOMINALES 10:00 - 10:25 - ST2	CYCLING 10:30 - 11:15 - CYC	B.COMBAT 10:30 - 11:20 - ST2	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC
14:00	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	B.COMBAT 10:30 - 11:20 - ST2	STEP FUNCIONAL 10:30 - 11:00 - ST2	CYCLING VIRTUAL 10:30 - 11:10 - CYC		
			CYCLING VIRTUAL 10:30 - 11:15 - CYC				
17:00	CROSSTRaining 14:30 - 15:20 - ST2	CYCLING VIRTUAL 14:30 - 15:15 - CYC	ABDOMINALES 14:30 - 14:55 - ST1	CYCLING VIRTUAL 14:30 - 15:15 - CYC	ABDOMINALES 14:30 - 14:55 - ST1		
	CYCLING VIRTUAL 14:30 - 15:15 - CYC	GAP 14:30 - 15:00 - ST1	CYCLING VIRTUAL 14:30 - 15:15 - CYC	GAP 14:30 - 15:00 - ST1	CYCLING VIRTUAL 14:30 - 15:15 - CYC		
18:00	PILATES 17:00 - 17:50 - ST2	B.PUMP 17:00 - 17:50 - ST2	CYCLING VIRTUAL 17:30 - 18:15 - CYC	ABDOMINALES 17:30 - 17:55 - ST1	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			
19:00	ABDOMINALES 18:00 - 18:25 - ST1	ABDOMINALES 18:00 - 18:25 - ST1	CROSSTRaining 18:00 - 18:30 - ST2	B.PUMP 18:00 - 18:50 - ST2	B.PUMP 18:00 - 18:50 - ST2		
	CYCLING 18:30 - 19:15 - CYC	YOGA 18:00 - 18:50 - ST2	ZUMBA 18:00 - 18:50 - ST1	YOGA 18:00 - 18:50 - ST1			
20:00		CYCLING 18:30 - 19:15 - CYC	CYCLING 18:30 - 19:15 - CYC	CYCLING VIRTUAL 18:30 - 19:15 - CYC			
	ZUMBA 19:00 - 19:50 - ST2	CYCLING 19:30 - 20:15 - CYC	B.PUMP 19:00 - 19:50 - ST2	CYCLING 19:30 - 20:15 - CYC	CYCLING 19:30 - 20:15 - CYC		
21:00	CYCLING 19:30 - 20:15 - CYC		CYCLING 19:30 - 20:15 - CYC				
	B.PUMP 20:00 - 20:50 - ST2	STEP FUNCIONAL 20:00 - 20:50 - ST2	PILATES 20:00 - 20:50 - ST2	B.COMBAT 20:00 - 20:50 - ST2	CYCLING VIRTUAL 20:30 - 21:15 - CYC		
22:00	CROSSTRaining 20:30 - 21:00 - ST1	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC			
	CYCLING VIRTUAL 20:30 - 21:15 - CYC						

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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